**2022 Health and Well-being**

**Email:** Activity promo – exercise

**Focus:** Wellbeats and 10k steps activities

**Suggested subject line**: Get moving with these fitness tools



**Take fitness one step at a time**

Don’t let physical fitness intimidate you. Exercise is more than just high-intensity workouts. It’s mainly about getting your body moving any way you can to feel your absolute best. Whether you want to gain more energy or set fitness goals, [program name] can help you complete more activities that focus on physical fitness.

**10,000 steps**

Start your fitness journey one step at a time with our 10,000 steps challenge. In this activity, you will track your steps, set daily goals, and feel your best by getting your body moving at your own pace.

**Wellbeats**

Are you bored of the same fitness routine? Switch things up with Wellbeats! Uncover on-demand workouts and challenges guided by a team of friendly, certified virtual trainers. There are a range of activities for everyone regardless of your relationship with fitness.

Access these activities and many more by completing your health assessment!

[Get started today](https://www.healthpartners.com/wellbeing-login/) [BUTTON]

Completing a well-being activity that focuses on your physical health can also help you earn your [program name] reward. You’ll earn [program reward] when you complete your [program requirements] by [deadline]. [If your spouse is covered by the medical plan, they can/must also participate and earn a reward.]

**Questions?**

If you have questions about [program name], contact [group contact name] at [number]. For help signing on, call HealthPartners at **800-311-1052** or [email](https://www.healthpartners.com/wellbeing-registration/wellbeing/contact-us).

*You are receiving this email on behalf of [group name] [program name]. We have partnered with HealthPartners to offer this health and well-being program to all [group name] employees.*

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