**2022 Health and Well-being**

**Email:** Activity promo – sleep

**Focus:** Sleep tracker

**Suggested subject line**: Get your sleep schedule back on track



**Get the rest you deserve**

Having sleep problems? Feeling like you always need a nap or an extra cup of coffee to get you through the day? Getting a good night’s sleep is a key ingredient for maintaining good overall health and well-being. And it helps you stay awake and present for the things you care about most. It’s time to get your sleep schedule back on track with the [program name] Sleep Tracker activity.

**Start catching more ZZZs today!**

The Sleep Tracker activity will help you learn how to achieve a better night’s sleep, set goals and track progress.

[Take your health assessment to get started.](https://www.healthpartners.com/wellbeing-login/) [BUTTON]

Completing the Sleep Tracker activity 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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