
Keep moving forward

Discover well-being activities that are right for you





Well-being activities to fit your needs

Your well-being needs can change over time. The key is knowing where you're at and what you need to do to live your very best. [Program name] is here to help you address your unique well-being needs.

It's time to take action

Now that you've taken your health assessment, it's time to keep going and get started on your well-being activities. Use your health assessment results to find out what areas you'd like to focus on and set goals for improvement.

You must complete [program requirements] by [deadline] to earn [program reward]. [If your spouse is covered by the medical plan, they can/must also participate and earn a reward.]

If you have questions about [program name], contact [group contact name] at [number].

Discover what works for you and get started at:
healthpartners.com/wellbeing

For help signing on, call HealthPartners at **800-311-1052**.

You are receiving this communication 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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