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# Take your health one step at a time

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. Through [Program name], you have a variety of resources to help you address your unique well-being needs.

### It's time to take action

To access your well-being activities, you must first take your annual health assessment. Then, use your 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].

Start by taking your health assessment at:  
**[healthpartners.com/wellbeing](https://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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