**2022 Health and Well-being**

**Email:** Health assessment benefits

**Focus:** Benefits of the health assessment

**Suggested subject line**: Three reasons you should take your health assessment today



**It’s your health journey, start it on the right foot**

Need some help defining your personal health goals? [Program name], our health and well-being program at [group name], can steer you in the right direction. Find out what your unique health needs are by taking your annual health assessment. It takes just 10 minutes to complete and your results will guide you toward activity options that best suit your unique needs.

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

**Why should I take the health assessment?**

1. Find out how you’re doing in key areas like physical activity, nutrition, stress, sleep, weight and tobacco.
2. Get a personalized health potential report to help you focus on areas of improvement.
3. Unlock a variety of activity options to help you better manage your health and reach your goals.

If you’ve already taken your health assessment, great! Now, use your results to [choose activities](https://www.healthpartners.com/wellbeing-login/) that align with your health needs. No matter what stage of life you are in, there is something for everyone. Discover your favorite well-being activities today!

You’llearn [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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