**2022 Health and Well-being**

**Web content:** Activity launch

**Focus:** Get started on your well-being activities

**Well-being activities for every-body**

Everyone’s body is different, and your journey toward better health and well-being should be about you. No matter what stage of life you’re in or where you’re at on the road to healthy living, there are activities and resources for every unique need through [Program Name].

[Program name] can help you learn more about your health, find what activities fit your lifestyle and unique health needs and ultimately make your health a priority. Not only are there activities that focus on physical fitness, but there are also activities that focus on nutrition, sleep, stress-management and much more.

Here are some of the activities you’ll gain access to after you [complete your health assessment](https://www.healthpartners.com/wellbeing-login/):

**Emotional health**

Our emotional health activities help you increase healthy thinking habits, learn new stress management and mood enhancing techniques, and get a better night’s sleep.

By setting goals and tracking your achievements over time, you’ll gain insights on ways you can strengthen your emotional well-being.

**Weight loss and nutrition**

Eating healthy and losing weight can be challenging. It can feel confusing to know what types of sugars to avoid and what foods can be good or bad for your health. Our weight loss and nutrition activities can guide you and help you set achievable health goals.

Whether you’d like to lose weight, have more energy or create a healthier lifestyle, our nutrition-focused activities can create long term habits to help you reach your health objectives, and feel your best.

**Physical fitness**

Starting a new fitness routine can feel overwhelming. Luckily, with the help of the physical fitness activities, regardless of what your relationship with fitness may be, you can start your health journey on the right foot. No matter your age, interests or ability, there are several options to choose from that will help you feel healthier.

Whether you want to push yourself further physically with the support of a coach, or get in your daily steps, the physical fitness activities can help you achieve your personal health goals, both big and small.

Learning about your health needs and what works for you doesn’t have to be hard. There’s something for everyone!

**Your [program reward] is waiting for you?**

To claim your [program reward], you must complete [program requirements] by [deadline]. [If your spouse is covered by the medical plan, they can/must also participate and earn a reward.] Your evolving health needs are a top priority. Be sure to get started right away because some activities take up to eight weeks to complete.

**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.*