**2022 Health and Well-being**

**Email:** Activity promo – myStrength

**Focus:** myStrength

**Suggested subject line**: Emotional health support designed for you



**Be there for yourself**

[Program name] cares about your physical, emotional, and financial well-being and we’re here to support you. With the stress, loss and uncertainty associated with the last few years, emotional health concerns are on the rise. If you’re looking for ways to feel more in control, the new myStrength activity can help.

myStrength is an online program to help you improve mental health and emotional well-being. You have access to hundreds of activities, articles and videos suggested for you based on your goals and preferences. This new digital program offers support for many types of emotional and physical challenges including:

* Reducing stress
* Improving sleep
* Managing anxiety and depression
* Mindfulness and meditation
* Balancing intense emotions
* Pregnancy and early parenting
* Managing chronic pain

**Get started today and discover your resilience**

To access myStrength you must first take your annual health assessment.

[Let’s get started](https://www.healthpartners.com/wellbeing-login/) [BUTTON]

Completing the myStrength 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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