**2022 Health and Well-being**

**Email:** Activity launch

**Focus:** It’s time to get started on your activities

**Suggested subject line**: Well-being activities to fit your needs



**Jump into action**

It’s time to make your health a priority. [Program name], our health and well-being program at [group name], has well-being activities for everyone, no matter what your ability level is or specific health needs are. Whether you’d like to focus on emotional health, weight loss, nutrition, physical fitness or something else – there’s something for everyone.

[Explore your activities](https://www.healthpartners.com/wellbeing-login/) [BUTTON]

To access your well-being activities, you must first take your health assessment. Then, you can use your results to choose activities to fit your needs.

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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