**2022 Health and Well-being**

**Email:** Activity promo – Stress

**Focus:** Healthy Thinking, Stress Tracker, Tackling Stress

**Suggested subject line**: Improve your emotional resilience



**Conquer your stress**

Stress is a part of life. You can’t avoid it, but you can change how you deal with it. When you’re stressed, you may find yourself focusing on negative thoughts, and that negative energy can affect your health. That’s why resilience – the ability to bounce back from stress – is so important.

Like most skills, resilience takes time to develop. Get started today with help from [Program Name]. Well-being activities like Healthy Thinking, Stress Tracker and Tackling Stress are available to help you build healthy thinking habits, learn more about what triggers stress in your life and how to manage it head on.

To access these activities and many more, you must first take your annual health assessment.

[Start building resilience](https://www.healthpartners.com/wellbeing-login/) [BUTTON]

Completing a well-being activity to improve your emotional resilience 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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