**2022 Health and Well-being**

**Email:** Activity promo – Nutrition

**Focus:** Choose to Lose, Go for Fruits and Veggies, Sugar Smart

**Suggested subject line**: What’s on your plate?



**Make good food choices easy**

Do you know what foods are best to put on your plate? And do you know how much you should eat and how often? You don’t have to navigate nutrition alone. [Program name] can help you discover what works for your body and your lifestyle. We have the tools and resources to help you discover healthy eating in a way that works for you.

Whether you’re looking to lose weight, eat more fruits and veggies or cut out sugar, these nutrition-based activities can help guide you to healthy eating in no time:

* **Choose to Lose:** Forget calorie counting and focus on nutrition, moving more and improving sleep habits for better energy and a healthier lifestyle.
* **Go for Fruits and Veggies:** Learn how to set achievable goals, find ways to create and maintain healthier habits and build a better relationship with fruits and vegetables.
* **Sugar Smart:** Discover how you can balance your sugar intake while also finding alternatives for your favorite sweets along the way.

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

[Get your nutrition back on track](https://www.healthpartners.com/wellbeing-login/) [BUTTON]

Completing a well-being activity to improve your nutrition 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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