**2022 Health and Well-being**

**Email:** Activity promo – Health Coaching

**Focus:** Health Coaching

**Suggested subject line**: Connect with a health coach to reach your goals



**It’s time to team up**

Everyone’s health needs are different and knowing what tools you need to reach your goals can be hard to navigate on your own. Whether you'd like to increase your activity level, reduce stress, improve your eating habits, lose weight, quit tobacco or just feel better every day – a well-being health coach can help.

Just like you would hire a professional for other aspects of your life, a well-being health coach is a professional that can help you get where you want to be. They’ll help you remove barriers, break old habits and start healthier ones, motivate you when you need a nudge and be a resource on your journey to a healthier, happier you.

**Ready to take the next step?**

To connect over the phone with a well-being health coach, you must first take your annual health assessment.

[Get started today](https://www.healthpartners.com/wellbeing-login/) [BUTTON]

Connecting with a health coach 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.*

The HealthPartners family of health plans is underwritten and/or administered by HealthPartners Inc., Group Health Inc., HealthPartners Insurance Company or HealthPartners Administrators, Inc. Fully insured Wisconsin plans are underwritten by HealthPartners Insurance Company.