Take your health assessment to access the activities and more at **healthpartners.com/wellbeing** or using the myHP app.

# It’s time to team up

A professional health coach can be the missing link between setting goals and meeting them. Talk one-on-one with a health coach about what’s important to you.

Whether that’s back pain, nutrition, sleep, stress management, exercise or something else – your coach will work with you to address your unique needs.