**2023 Health and Well-being**

**Email:** Incentive reminder

**Focus:** Incentive reminder – HA + Activities

**Suggested subject line**: Get started and claim your [program reward] before it’s too late



**Take the first steps for your health**

When you’re working toward living healthier, it’s important to remember why you want to start. Whether it’s for loved ones or simply because you want to feel better in your own skin – it all begins with a reason. [HealthPartners Living Well or client program name] is here to help you learn about your health and address your unique well-being needs. And as a bonus, you can earn [program reward] for participating.

Take action now and complete your health assessment. Then, use your results to decide which areas you’d like to focus on and set goals for improvement.

[Take the health assessment](https://www.healthpartners.com/signin/livingwell) [BUTTON]

**Get started today**

Once you’ve taken your health assessment, you’ll need to complete your [activity requirement]. Be aware that some activities take up to eight weeks to complete, so get started right away. To claim your [program reward], you must complete [program requirements] by [deadline]. [If your medical plan covers your spouse, they can/must also participate and earn a reward.] Visit [**healthpartners.com/signin/livingwell**](https://www.healthpartners.com/signin/livingwell) today.

**Questions?**

If you have questions about [Living Well or client 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] [Living Well or client program name]. We have partnered with HealthPartners to offer this health and well-being program to all [group name] employees.*