**2022 Health and Well-being**

**Email:** Activity launch

**Focus:** It’s time to get started on your activities

**Suggested subject line**: Well-being activities that work for you: Start today



**Time to get going!**

From celebrating that big anniversary in style to being there for your family, we know you’ve got a lot of reasons to be healthy this year. [HealthPartners Living Well or client program name], our health and well-being program at [group name], can show you how. We have well-being activities for everyone, no matter your goals. And our activities offer more than just physical fitness. We’re here to support your emotional health, weight loss, nutrition and any other health goals you may have. Whatever your motivation, [Living Well or client program name] is here to help.

To access your well-being activities, you must first take your health assessment. Then, you can use your results to choose activities to fit your needs.

[Explore activities](https://www.healthpartners.com/signin/livingwell) [BUTTON]

**Be rewarded**

You’llearn [program reward] when you complete your [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)to get started.

**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] [LivingWell or client program name]. We have partnered with HealthPartners to offer this health and well-being program to all [group name] employees.*