**2023 Health and Well-being**

**Email:** Emotional well-being

**Focus:** Wellbeats, mindfulness, yoga, myStrength

**Suggested subject line**: Master your mind

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**Be your best self**

You want to be there to support friends and loved ones, and you want to feel present for all of life’s moments. But sometimes, that’s easier said than done. When you’re not in a healthy mindset, it can take a toll on your relationships and physical health.

Good mental health looks different for everyone. That’s why [HealthPartners Living Well or client program name] has many free resources to help you find the best solutions for you, including:

* **myStrength:** If you’re looking for ways to feel more in control, myStrength can help. It’s an online program that gives you access to hundreds of activities, articles and videos designed to improve your mental health and emotional well-being. It helps:
	+ Reduce stress
	+ Improve sleep
	+ Manage anxiety and depression
	+ Learn mindfulness and meditation techniques
	+ And more!
* **Wellbeats:** For exercise that boosts your mood and improves mental health, check out Wellbeats. You can access thousands of exercise and workout routines for all fitness leves, including yoga and meditation videos to soothe stress.

Take your annual health assessment to access myStrength, Wellbeats and many more well-being activities.

[Let’s get started](https://www.healthpartners.com/signin/livingwell) [BUTTON]

**Be rewarded**

Completing a well-being activity to improve your emotional resilience can also help you earn your [Living Well or client program name] reward. You’ll earn [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/sig**](https://www.healthpartners.com/signin/livingwell)**nin/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] [Living Well or client program name]. We have partnered with HealthPartners to offer this health and well-being program to all [group name] employees.*