**2023 Health and Well-being**

**Email:** Activity promo – physical fitness

**Focus:** Apple integration

**Suggested subject line**: Tracking your health is easier than ever!

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**Take the first step to better health**

If you’ve been on the sidelines for a while, the thought of getting back into the workout game can be intimidating. But don’t worry: [HealthPartners Living Well or client program name] is here to help you every step of the way. There are many reasons to get in better shape, from feeling better and looking better, to simply having more energy for the people you love. And what’s the most important reason? The one that motivates *you* most.

**10,000 Steps**

Take your fitness journey one step at a time with our **10,000 Steps** challenge. In this activity, you will track your steps, set daily goals and feel your best by getting your body moving at your own pace.

**New this year**

The myHP app now offers seamless integration with Apple devices so you can quickly switch from your iPhone to Apple Watch to compatible third-party devices and back to track all your health and fitness data. To start syncing, download and open the myHP app, select “Living Well” and choose “See more recommended activities.” Open the 10,000 Steps activity to start connecting to Apple Health.

Reaching your fitness goals has never been easier, so start the 10,000 Steps challenge today! Complete your health assessment to access activities and challenges if you haven’t already.

[Get started today](https://www.healthpartners.com/signin/livingwell) [BUTTON]

**Earn your reward**

Completing a well-being activity focused on your physical health 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.*