**2023 Health and Well-being**

**Email:** Health assessment benefits

**Focus:** Benefits of the health assessment

**Suggested subject line**: Take your health assessment today



**Start working toward your goals today**

You have your reasons for getting and staying healthy – from feeling energized at your class or family reunion to having enough stamina to walk one more block with your four-legged friend. Not sure where to start [HealthPartners Living Well or client program name], our health and well-being program at [group name], can guide you in the right direction. First, take your annual health assessment to determine your unique needs. It takes just 10 minutes to complete, and your results will guide you toward activity options that best suit your goals.

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

**Why should I take the health assessment?**

1. Find out how you’re doing in critical areas like physical activity, nutrition, stress, sleep, weight and tobacco.
2. Get a personalized health potential report to help you focus on areas of improvement.
3. Gain access to various activity options to help you better manage your health and reach your goals.

If you’ve already taken your health assessment, that’s great! Now, use your results to [choose activities](https://www.healthpartners.com/signin/livingwell) that align with your goals and interests. No matter what your age or stage of life, you can find the perfect well-being activities for you. Discover your favorites today!

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