**2023 Health and Well-being**

**Email:** Activity promo – Health Coaching

**Focus:** Health Coaching

**Suggested subject line**: Team up with a health coach



**You don’t have to go it alone**

You know why you want to be healthy, but what about how? Sometimes it’s hard to find the right answers when you’re navigating your health needs and goals on your own. That’s why [HealthPartners Living Well or client program name] offers free **health coaching**. Your health coach will offer expert advice and solutions for getting you to where you want to be.

Want to lose weight? Be more active? Quit tobacco? Reduce stress? Maybe you just want to boost your mood or have more energy to spend time with family. Whatever your goals, a health coach can help you see them through.

**Ready to take the next step?**

Take your annual health assessment. Then, your health coach is just a phone call away.

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

**Be rewarded**

Connecting with a health coach 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/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.*