**2023 Health and Well-being**

**Email:** Activity promo – Nutrition

**Focus:** Nutrition 101

**Suggested subject line**: Healthy eating made easy



**Eat better, feel better**

Whether it’s to look your best, feel your best or both, we all have our motivations for eating better. But it’s not always easy to make smart food choices. Are carbs good or bad? How much salt is too much? Anyone can get frustrated when it comes to healthy eating habits. Luckily, you don’t have to navigate nutrition alone. [HealthPartners Living Well or client program name] helps you discover what works for your body and lifestyle, with tools and resources that make good nutrition a part of your everyday life.

Check out these nutrition-based activities that will guide you to healthy eating in no time:

* **Go for Fruits and Veggies:** Learn how to set achievable goals, find ways to create and maintain healthier habits and build a better relationship with fruits and vegetables.
* **Sugar Smart:** Discover how to balance your sugar intake while finding alternatives to your favorite sweets along the way.
* [**Health coaching:** Free health coaching gives you one-on-one support plus resources to help you find the right balance of healthy lifestyle adjustments to achieve your goals.]

Complete your annual health assessment to access these well-being activities and many more.

[Get your nutrition back on track](https://www.healthpartners.com/signin/livingwell) [BUTTON]

**Be rewarded**

Completing a well-being activity to improve your nutrition 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/living**](https://www.healthpartners.com/signin/livingwell)**well** 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.*