**2023 Health and Well-being**

**Email:** Activity promo – sleep

**Focus:** Sleep tracker

**Suggested subject line**: Sleep your way to better health



**Better health starts with better sleep**

When you wake up well-rested and refreshed, you feel like you can accomplish almost anything. But a bad night’s sleep can make it challenging to get through the day. Getting enough quality sleep is vital for maintaining your overall health. Improve your sleep habits to stay awake for the people and things you care about most.

**Start tracking your sleep**

Discover the best ways to get better sleep with online tools like **myStrength** and **Sleep Tracker**. Learn all the factors that impact your sleep with myStrength — from stress to diet, exercise and more. Sleep Tracker helps you optimize your sleep schedule by evaluating your current sleep quality, setting goals and tracking your progress. Complete your health assessment to access these tools and many more.

[Get started by taking your health assessment.](https://www.healthpartners.com/signin/livingwell) [BUTTON]

**Be rewarded**

Completing these activities can also help you earn your [HealthPartners 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.*