

**Take the first step**

Take your fitness journey one step at a time with the **10,000 Steps Program**. Track your steps, set daily goals and feel your best by getting your body moving at your own pace.

Plus, the myHP app now offers seamless integration with Apple devices so you can track your health and fitness data on your iPhone, Apple Watch and compatible third-party devices. Visit Living Well in the myHP app to sync your data and get moving!

Completing well-being activities can also help you earn your [HealthPartners Living Well or client program name] reward.

For questions, contact [group contact name] at **[number]**.

Take your health assessment to access the activities and more at **healthpartners.com/signin/livingwell** or use the myHP app.

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