**Be there for yourself**

Take your health assessment for an inside look at your current health status. It only takes 10 minutes, plus:

You’ll discover your strengths and areas of growth

You can set goals by using your personal health potential report

You’ll gain access to well-being activities to help you get healthier

Don’t forget, you can claim [program reward] by completing [program requirements] by [deadline].

Sign in at **healthpartners.com/signin/livingwell** or download the myHP app to get started.

For help signing on, call HealthPartners at **800-311-1052**.