

**Are healthy choices on the menu?**

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. Discover what works for your body and lifestyle with activities including **Choose to Lose**, **Go for Fruits and Veggies** and **Sugar Smart**.

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.