**2023 Health and Well-being**

**Web content:** Activity launch

**Focus:** Get started on your well-being activities

**Choose how you want to be healthy**

Keeping up with the grandkids? Seeing the world with friends? Becoming more comfortable in your body? Everyone has something to be healthy for, and we’ll help you get there. Whatever your health goals, [HealthPartners Living Well or client program name] has activities and resources to support you all the way through.

[Living Well or client program name] will help you learn more about your health, find what activities fit your lifestyle and unique health needs and guide you on the path to your best health. And it’s not just about your physical health. [Living Well or client program name] is here to support your whole-body well-being with activities focusing on nutrition, sleep, stress management, emotional well-being and much more.

[Complete your health assessment today.](https://www.healthpartners.com/signin/livingwell) It’s confidential, takes less than ten minutes to complete and gives you an overview of your current health status. Once you finish, you’ll gain access to well-being activities that focus on:

**Emotional health**

Our emotional health activities help you increase healthy thinking habits, learn new stress management and mood-enhancing techniques, and get a better night’s sleep.

By setting goals and tracking your achievements over time, you’ll gain insights into ways you can strengthen your emotional well-being.

**Weight loss and nutrition**

Eating healthy and losing weight can be challenging. It can be overwhelming to track which foods are best for your health, and frustrating when you don’t see the results you want. Our weight loss and nutrition activities can guide you and help you set achievable health goals.

Whether you’d like to lose weight, have more energy or create a healthier lifestyle, our nutrition-focused activities can create long-term habits to help you reach your health objectives and feel your best.

**Physical fitness**

Are you a treadmill pro? Or has your workout equipment become a catchall for laundry or dust? Whatever your relationship with exercise is, [Living Well or client program name] has choices that will work for you. No matter your age, interests or ability, there are several options to choose from that will help you feel healthier and reach your health goals.

**Your [program reward] is waiting for you**

To claim your [program reward], you must complete [program requirements] by [deadline]. [If the medical plan covers your spouse, they can/must also participate and earn a reward.] Your evolving health needs are a top priority so you can continue doing the things you enjoy most. Be sure to get started right away, because some activities take up to eight weeks to complete. Visit [**healthpartners.com/signin/livingwell**](https://www.healthpartners.com/signin/livingwell) today.

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 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.*