**2023 Health and Well-being**

**Web content:** Program launch

**Focus:** Welcome to program, overview of all requirements and dates

**Now is the time to get healthy**

With so many events and celebrations to look forward to this year, it’s time to get your health exactly where you want it. From having the stamina to dance the night away at a wedding, staying healthy enough to take an exciting bucket list vacation, or simply showing up for the ones you love, [HealthPartners Living Well or client program name] is here to provide you with the tools and resources to help you reach your health goals.

Get started by learning more about your current health. Then, take action by participating in well-being activities, exploring what fits your lifestyle and discovering what the path to better health looks like for you. Here’s a quick overview of how the program works and how you can earn [program reward].

Just two easy steps:

1. **Take your annual health assessment.** It’s quick, confidential and takes less than 10 minutes to complete. Once you’re done, you will get an overview of your current health status.
2. **Complete your [activity requirement].** By taking your health assessment, you’ll gain access to well-being activities that will help you achieve all your health goals.

**How to earn your [program reward]**

By completing your [program requirements] by **[deadline]**, you will earn [program reward].

[If your medical plan covers your spouse, they can/must also participate and earn a reward.] For more information, visit [link to more info].

**Get started today**

Go to [**healthpartners.com/signin/livingwell**](https://www.healthpartners.com/signin/livingwell) or download the myHP app and select the Living Well tab. If you need to create an account, use [alias] in the company name field. Next, you’re ready to take your health assessment, download your Health Potential Report and chart a course toward better health.

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.*