**Well-being activities launch for internal communications**

**Get healthy… on the go**

Improving your health and earning your [reward] is even easier when you can do it on the go. If you haven’t already, you need to complete your health assessment – it only takes 10 minutes! Get started at **healthpartners.com/wellbeing**.

Once completed, you can participate in community-wide well-being opportunities to improve your health and earn [rewards]. Just grab your phone, choose your activities and get started. Track your progress and report completion right from your smartphone.

Don’t forget that some activities take longer to complete than others. Get started early so you can complete your activities by [date]. You’re one step away from earning your [reward] and achieving your health goals.

You probably have your phone handy, so let’s keep going:

* Log on to [**healthpartners.com/wellbeing**](https://www.healthpartners.com/wellbeing/login.html)
* Review your activities and the requirements so you know what to expect
* When you find the activity that you want to participate in, get started

To earn your [reward], complete your activities by [date].

**Questions?**

If you have questions or need help logging on, call HealthPartners at **800-311-1052.**