**Well-being activities promotions for social media**

**Social blurb #1**

Get healthy… on the go! Improving your health and earning your [reward] is even easier when you can do it on the go. Just grab your smartphone, choose your activities and get started. Track your progress and report completion right from your phone. Remember – you need to complete your 10 minute health assessment before you start your activities!

\*Be sure to include the link to more information or [healthpartners.com/wellbeing](http://healthpartners.com/wellbeing).

**Social blurb #2**

After you’ve completed your health assessment it’s time to take steps towards better health. Do you need to stress less? Move more? Sleep better? Sign up for a well-being activity and track your progress right from your smartphone. It’s the final step toward earning your [reward]. Grab your phone and find an activity that’s right for you.

\*Be sure to include the link to more information or [healthpartners.com/wellbeing](http://healthpartners.com/wellbeing).