

EZ plans: Health and Well-being Leadership email to employees

Please use the copy below to promote programs to your employees. For an introduction, use the overview copy, or promote a specific type of program with the callouts. To use the letterhead template:

1. Type appropriate program deadline (if applicable)
2. Delete highlight

Dear Colleagues,

We care about you and your health. And, we firmly believe that you should have access to resources for achieving better health and well-being. That's why we hope you'll make better health your destination this year by participating in our annual health and well-being program.

As part of the new program, you have the opportunity to learn more about your health and participate in well-being activities. There are a variety to choose from – find your passion and choose your path to better health.

Step #1: Take your health assessment.

In just 20 minutes, you'll discover how healthy you are – and how healthy you could be. It's quick, easy and completely confidential. Your results will help you understand how you can be healthy and feel great. Complete your assessment by logging on to **healthpartners.com** and click on *health assessment and well-being activities* link at the top of the page.

Don't have an account? Get started here:

- 1) Go to **healthpartners.com**
- 2) Click on Sign up for an account
- 3) Indicate if you have HealthPartners insurance by clicking yes or no
- 4) If you're a member, enter your 8-digit member ID in the member ID field
- 5) If you're not a member, enter your health and well-being ID (given to you by your employer) in the employee ID field
- 6) Complete the required fields and click continue
- 7) Create your username, password and security questions

Step #2: Complete a well-being activity.

Choose an activity you're passionate about and that fits your lifestyle. You can learn to manage stress, eat healthy and move more. Log on to **healthpartners.com** to choose your activity.

Don't miss your chance to improve your health! Make better health your destination this year. Stay tuned for more information regarding our annual health and well-being program.

Sincerely,

Leader signature