Health assessment email to employees

**Subject:** Who are you with good health?

**Take the health assessment to find out.**

Health looks and feels different for all of us. The possibilities for who we can be when we’re healthy are limitless.

What does being healthy mean for you? Training for a trail race? Having the stamina to unload boxes at a food shelter? Throwing your granddaughter in the air when you’re 75?

Your health assessment can help you figure out what healthy means to you. Take the short assessment and you’ll get a snapshot of where you’re at with your health, and resources to help you get where you want to be.

It’s quick, easy and confidential. Start by registering online.

If you have a **healthpartners.com** account:

1. Go to **healthpartners.com.**
2. Enter your username and password.
3. Click *Go,* then click on the *Health assessment and well-being activities* link.
4. Complete the one-time registration to access your health and well-being experience.

If you don’t remember your username or password, try using the *Forgot username* and *Forgot password* links.

Don’t have an account? Go to **healthpartners.com** and click on *Sign up for an account*. You might need your member ID number or employee ID number.

**Need help logging on?**  
Call HealthPartners at **800-311-1052** from 8 a.m. to 8 p.m. CT Monday through Thursday, or Fridays from 8 a.m. to 6 p.m., CT. Or, send them an [email](https://www.healthpartners.com/wellbeing/contact.html).