Get Healthy, Feel Great!

It's time to get healthy and feel great.

Do you feel you need to improve your health but you're not sure where to start? Start at the beginning – know your health. Because you can't change what you don't know, the first step is to discover how healthy you actually are.

(continued)

Get healthy. Log on to **healthpartners.com/wellbeing** to get started now.

HealthPartners®

These suggestions are general guidance from HealthPartners. However, you should discuss with your provider what makes the most sense for you. The HealthPartners family of health plans are underwritten and/or administered by HealthPartners, Inc., Group Health, Inc., HealthPartners Insurance Company or HealthPartners Administrators, Inc. Fully insured Wisconsin plans are underwritten by HealthPartners Insurance Company.

(Continued from page one)

That's where the health assessment comes in. By taking this short, 15-minute assessment you'll learn what areas of your health could use some work and what you're already doing that's working in your favor. Take the first step toward a healthier life. Here's how:

1. Log on at **healthpartners.com/wellbeing**
2. Enter your company name
3. Answer the questions
4. Get your results

Get rewarded

There's no greater reward than living a happier, healthier life. But just in case you need a little more encouragement, you'll also earn $250 single/$500 family benefit differential if you and your spouse complete the Health Assessment and 1 program by September 30, 2016.

Questions? Call **952-883-7800** or **800-311-1052**, Monday through Thursday, 8 a.m. to 8 p.m. and Friday, 8 a.m. to 6 p.m.

These suggestions are general guidance from HealthPartners. However, you should discuss with your provider what makes the most sense for you. The HealthPartners family of health plans are underwritten and/or administered by HealthPartners, Inc., Group Health, Inc., HealthPartners Insurance Company or HealthPartners Administrators, Inc. Fully insured Wisconsin plans are underwritten by HealthPartners Insurance Company.