Dear graduate assistant, fellow or intern,

You’re invited to get started in HealthPartners’ Well-being Program. The Well-being Program is included in your Graduate Assistant Health Plan (GAHP) and gives you the opportunity to learn more about your current health and participate in well-being activities.

**Step #1: Get a biometric health screening.** Health screenings are offered at no cost to GAHP enrollees through Boynton Health. Trained health professionals will perform the tests and help you interpret the results, including your blood glucose, blood pressure, BMI and total cholesterol. Sign up for your biometric health screening, or find more information here.

**Step #2: Take your 15 minute health assessment.** After completing your biometric health screening, create a login for myHealthPartners and get started.

**Step #3: Complete well-being activities.** Log in to myHealthPartners to view available activities.

Don’t miss your chance to improve your health and be well! For more information on the Well-being Program, head to our website.

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