It’s time to take advantage of the health assessment and wellness activities included in your Graduate Assistant Health Plan benefits.

**Steps in the Wellness Program**
There are three simple steps in your Wellness Program. You can start with a biometric health screening to help you know important numbers about your health. Then, take the short, 15 minute health assessment on myHealthPartners to help you learn what those numbers mean and understand your current health. Next, complete well-being activities, found on myHealthPartners to help you learn how to stay active, manage stress, and more! Both the assessment and activities can be found on myHealthPartners, under the “Health assessment and well-being activities” link.

Please contact our office with questions.

Office of Student Health Benefits
University of Minnesota
410 Church Street SE, N323
Minneapolis, MN 55455
Phone: 612-624-0627 or 1-800-232-9017
Fax: 612-626-5183 or 1-800-624-9881
umshbo@umn.edu
www.shb.umn.edu

*Copyright © 2017 Regents of the University of Minnesota, All rights reserved.*
The University of Minnesota is an equal opportunity educator and employer.

**This message was sent from:**
Office of Student Health Benefits
410 Church Street SE
Minneapolis, MN 55455
mass email privacy statement