Dear Graduate Assistant Health Plan enrollee,

Have you started your journey to reach your health goals? As part of your HealthPartners plan, you’re invited to participate in the annual Wellness Program.

The Wellness Program gives you the opportunity to learn more about your current health and participate in well-being activities.

**Steps in the Wellness Program**

- Start by completing a biometric health screening through Boynton Health to help you know important numbers about your health.
- After completing the biometric health screening, take the short, 15 minute health assessment on myHealthPartners to help you learn what those numbers mean and understand your current health.
- Next, complete a well-being activity to help you learn how to move more, eat healthy, manage stress, and more! Log on to myHealthPartners to view all available activities.

Looking for more information on the Wellness Program? Visit our [website](#).

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