Dear Graduate Assistant Health Plan member,

We care about you and your health. HealthPartners plan members and covered spouses are invited to participate in the Wellness Program. The Wellness Program gives you the opportunity to learn about your current health and take steps to maintain or improve it. Get started by completing the steps below.

**Step #1: Complete a biometric health screening**
Health screenings are offered at no cost to HealthPartners plan members. Trained health professionals will perform simple tests and help you interpret the results. Tests include blood glucose, blood pressure, BMI, and total cholesterol. The health screening is short – only 15-20 minutes. Register for yours today!

**Step #2: Take your health assessment**
In just 15 minutes, you’ll discover how healthy you are – and how healthy you could be. It’s quick, easy and completely confidential. Your results will help you understand how you can be healthy and feel great. To get started, go to HealthPartners and enter your username and password (or sign up for a new myHealthPartners account). Once logged in, click on the health assessment and well-being activities link.

**Step #3: Complete a well-being activity**
Choose from well-being activities that fit your life. You can learn to manage stress, eat healthy and move more. The activities can be found on HealthPartners under the health assessment and well-being activities link and range from online programs, mobile apps, and health coaching.

Don’t miss your chance to improve your health and be well!

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