Dear Graduate Assistant Health Plan enrollee,

We care about you and your health. We also firmly believe you should have access to resources for achieving better health and well-being. As part of the HealthPartners plan, members are 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. Reach your health goals by completing the steps below.

**Step #1: Get a biometric health screening.** Health screenings are offered at no cost to HealthPartners plan members 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 [here](#).

**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. After completing your biometric health screening, create a log in for [myHealthPartners](#) and get started.

**Step #3: Complete a well-being activity.** Choose from well-being activities that fit your life. You can learn to move more, eat healthy, manage stress and more! Log on to [myHealthPartners](#) to view available activities.

Don't miss your chance to improve your health and be well! We’ll keep you updated on opportunities to reach your health goals. For more information on the Wellness Program, head to our [website](#).

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