

# EMPLOYEE WELLBEING

January | 2019

## Start 2019 off on the right foot!

The 2019 Wellbeing Initiative begins Tuesday 1/15/19.

Staff and covered spouses can access the Health Assessment & Wellbeing Programs to start earning the **2020** healthcare savings.

Staff and their covered spouse must both complete steps 1 and 2:

Step 1- Health Assessment

Step 2 – 1 Wellbeing Activity

The deadline to complete the 2019 Wellbeing Initiative is Friday October 18, 2019.

Visit [www.healthpartners.com/wellbeing](http://www.healthpartners.com/wellbeing) from your computer or mobile device to get started!

## Smart Nutrition Seminar:

You have emerged from the holiday season and begun a brand-new year. Are you happy with this past year's journey? Like most of us, you probably feel good about some of your choices and would prefer to leave others behind. The good news is you are at the start of your new year's journey. This time of new beginnings is ripe with the opportunity to take note of what worked and what didn't in the past and formulate a plan to move forward into a year of wellness for you and your family.

Tuesday, January 8, 5:00-6:00 at 360 Colborne (Room J)  
Wednesday, January 9, 3:45-4:45 at Washington Tech (Room 1720)



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