

# EMPLOYEE WELLBEING

February | 2019

## Complete your Health Assessment & 1 Wellbeing Activity

Staff and covered spouses must complete the Health Assessment & 1 Wellbeing Programs to earn the **2020** healthcare savings.

Staff and their covered spouse must **both** complete steps 1 and 2 by October 18, 2019:

- Step 1- Health Assessment
- Step 2 – 1 Wellbeing Activity

Complete the Health Assessment and 2 Wellbeing Activities by 5/31/19 and you'll be entered in a drawing to win a prize!

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

### Yoga Calm

Crossroads Elementary  
543 Front Ave, St. Paul, MN 55117

Wednesday February 6, 2019  
3:30 p.m. – 4:30 p.m.  
[Register Here](#)

### Smart Nutrition Seminar: Foods to Improve Mental Clarity

Tuesday February 12, 5:00-6:00 at 360  
Colborne (Room 4B)

[Register Here](#)

Wednesday February 13, 3:45-4:45 at  
Washington Tech (Room 1720)

[Register Here](#)

### Be Well Moment

Take a deep breath in slowly counting to 5. Slowly count to 5 to release the breath.

Repeat 3 times!



### SPPS Wellbeing Contact:

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