



# Take care of your mind

Caring for your emotional health can lower stress, boost energy and improve your mood – but sometimes it's easier said than done. YouPower is here to help you prioritize mental well-being so you can feel strong and present for all of life's moments.

Master your mind with virtual yoga, mindfulness and meditation classes from **Wellbeats** – available anytime, anywhere, right from your phone.

Take your health assessment at [healthpartners.com/wellbeing](https://healthpartners.com/wellbeing) to access all of your well-being activities.

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For every completed health assessment, HealthPartners will donate \$50 to charity.



**YOUPOWER**

These suggestions are general guidance from HealthPartners. However, you should discuss with your provider what makes the most sense for you. The HealthPartners family of health plans is underwritten and/or administered by HealthPartners Inc., Group Health Inc., HealthPartners Insurance Company or HealthPartners Administrators, Inc. Fully insured Wisconsin plans are underwritten by HealthPartners Insurance Company. 22-1937550-1948412 (11/22) © 2022 HealthPartners