



Rest up to feel your best

Good sleep is important for overall health, but when life gets busy, it's easy to let it slide. YouPower's well-being activities help you track and improve your sleep habits so you can be well-rested for the people and things you love.

Discover the keys to better sleep with the **myStrength** and **Sleep Tracker** activities.

Take your health assessment at healthpartners.com/wellbeing to access all of your well-being activities.

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



YOUPOWER

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