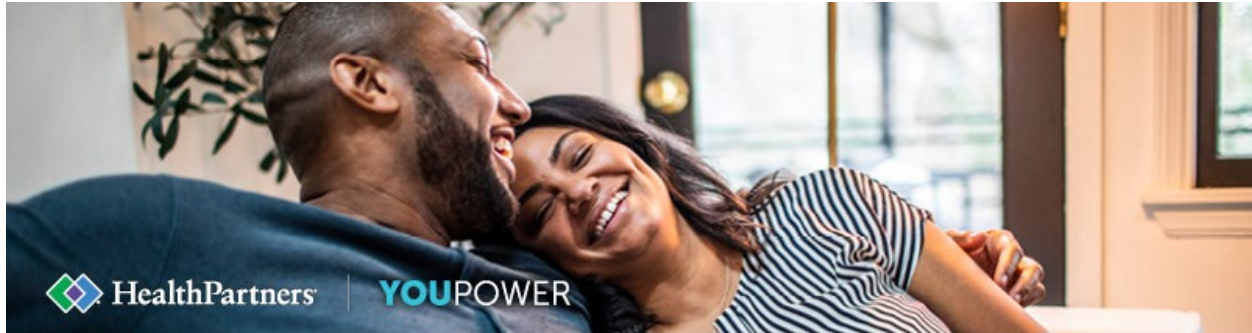


YouPower 2023 Health and Well-being program

Prioritize your emotional health with Wellbeats



Take care of your emotional health

There's more to well-being than physical wellness. Taking care of your emotional health can help lower stress, boost energy and improve your overall mood. [YouPower](#) can help you prioritize your emotional well-being with the **Wellbeats** activity so you can feel strong and present for life's most important moments.

Master your mind with Wellbeats

The Wellbeats app offers virtual fitness, nutrition and mindfulness classes – all available right from your phone. Access restorative yoga classes for all skill levels and mindfulness and meditation sessions to reduce stress and improve emotional well-being. There are a range of activities for everyone, no matter your goals. Plus, you can do it all at any time and wherever you feel most comfortable.

To check out Wellbeats and many more well-being activities, first complete your [annual health assessment](#). Participating is good for you and the community. For every health assessment completed, HealthPartners will donate \$50 to charity.

If you've already completed your health assessment, sign in to your account to view all your activity options.

If your spouse is covered by the medical plan, they can participate, too.

Questions?

If you have questions or need help signing on, [email](#) HealthPartners or call **800-311-1052**.