

## Welcome to YouPower

### What do you want to be healthy for?

After a relaxing summer, there's so much to look forward to this school year, and a lot to stay healthy for. From having the stamina to dance the night away as a prom chaperone, to taking that bucket list holiday vacation, or simply just showing up for your students, YouPower can help you stay healthy for all of life's great adventures.

### What is YouPower?

YouPower is our school district's health and well-being program, available to help you reach your well-being goals – big or small. You'll start by taking your health assessment, which will give you an inside look at your current health. Then, you'll have exclusive access to health and well-being activities and resources to help you reach your unique health goals. Plus, when you complete your health assessment, HealthPartners donates \$50 to one of three charities – you choose which one.

### 1. Complete your health assessment

The first step is to complete your [annual health assessment](#). It's quick, confidential, and takes less than 20 minutes. Your results will give you insight into how you're doing in key areas like sleep, nutrition, stress, physical activity and more. You'll receive a report card of your results and where you rank compared to your peers, as well as a health potential action plan to make your health improvement homework a little easier.

### 2. Stay healthy to keep doing the things you love

Completing your health assessment gives you access to a wide variety of tools and resources to help you maintain or improve your health now and all year long. Whether you're looking to eat healthier, get more sleep, care for your mental health, or boost your physical fitness, there's an activity designed to help you reach your goals.

### 3. Support your community

YouPower doesn't just help you – it helps your community, too. For every completed health assessment, HealthPartners donates \$50 to one of three charities. You get to pick which one:

- [Boys & Girls Clubs of America](#): A national organization of local clubs providing children and teens with mentorship, extracurricular programs and a safe place to learn and play.
- [No Kid Hungry](#): A national campaign dedicated to ending childhood hunger through school meals, grants, advocacy and research.
- [The Humane Society of the United States](#): A nonprofit organization committed to fighting against animal cruelty and caring for animals in crisis.

Together in 2022, YouPower donated \$75,000 to Feeding America, the National Alliance on Mental Illness and March of Dimes. Let's keep it going this year!

### Ready to get started?

Sign in or create a new account at [healthpartners.com/wellbeing](https://healthpartners.com/wellbeing) to take your health assessment and learn more about how YouPower can help you reach your goals. If your spouse is enrolled in your school district's medical plan, they can participate, too.

### Questions?

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

