



Start the school year with healthy habits

Whether you want to lose weight, sleep better, stress less, better manage a health condition or simply maintain your health, YouPower can help.

Start by completing your annual health assessment, and HealthPartners will donate \$50 to the charity of your choice:

- Best Buddies
- Feeding America
- NAMI (National Alliance on Mental Illness)

If your spouse is enrolled in your school district's medical plan, they can participate, too.



How to take your health assessment

Visit healthpartners.com/well-being or scan the QR code to get started.

