**Preventive Health: Email Template**

**Directions:** Copy the image and verbiage below and paste into your email. Remove the text in red and add your members’ general login information and your contact information. We recommend attaching the “Preventive Health Flyer” to the email.



**Subject: Make Changes Today for a Healthier Tomorrow**

Hi everyone,

Imagine feeling energized, focused, and ready to tackle anything! That's the power of investing in your future health today.

This month, we're all about **preventative health**, helping you build a foundation for a strong and healthy tomorrow.

As a part of your benefits, you have access to Wellbeats *Wellness*, which offers thousands of on-demand fitness, nutrition and mindfulness classes. Here's how Wellbeats can help you take action for a healthier tomorrow:

* **Reduce aches and pains:** Stay active and mobile with safe, expert-led classes designed to prevent or ease bone and joint issues. ‍
* **Reach your goals:** Choose from 60+ goal-based programs, like "Get Fit: Begin," "Healthy Back," or "Sleep and Movement," and start feeling your best.
* **De-stress and unwind:** Learn powerful guided meditations to tame stress and muscle tension.
* **Fuel your body:** Discover delicious, healthy recipes and nutrition tips to create sustainable eating habits you'll love. ️

Don't wait – your future healthy self is waiting!

**Ready to get started?**

Investing in your health today is the best gift you can give yourself. Access Wellbeats via the mobile app or on your [internet browser](https://portal.wellbeats.com/?redirectTo=%2Fhome) and login with your work email address.

[Enter general login information. Here is an example:

**Your Username** = Your [Company Name] email address. If you’re logging in for the first time or forgot your password, select **Forgot Password** to reset your password.]

For any questions, please contact [enter your contact information here].

Cheers,

[Enter your name here]