**Heart 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 “Mindfulness Program Calendar” and “Mindfulness Flyer” to the email.

A person wearing a blue shirt with a heart on his chest

Description automatically generated

**Subject: A Heart-to-Heart with Wellbeats *Wellness!***

Have you ever wondered how a few small changes can make a big difference in your heart health? For Heart Health Month, we’re sharing ways you can take charge of your wellbeing for a healthier, happier heart.

As part of your benefits, you have access to the Wellbeats *Wellness* where you can find many videos that are geared towards getting and keeping you and your heart in tiptop shape. We have broken down the types of content you can find in Wellbeats three pillars: Fitness, Nutrition and Mind-Body. Here are some options curated just for you:

**Fitness:**

[Countdown to Fit](https://portal.wellbeats.com/search(m:class-detail/1808)#overview)

[Power Circuits](https://portal.wellbeats.com/search(m:class-detail/1846)#overview)

**Nutrition:**  
[Breakfast: Start Your Day Right](https://portal.wellbeats.com/search(m:class-detail/1505)#overview)

[Eat Better, Sleep Better](https://portal.wellbeats.com/search(m:class-detail/1515)#overview)

**Mind-Body:**  
[Balance in Focus](https://portal.wellbeats.com/search(m:class-detail/3210)#overview)

[Mudra Meditation](https://portal.wellbeats.com/search(m:class-detail/2097)#overview)

**Ready to show your heart some love?**

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]