**Starting Fresh: 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 holding skis and a pair of skis

Description automatically generated

**Subject: Start the Year Fresh with the Wellness Time Savers Program!**

A new year is always a great opportunity to start fresh. But it can be challenging to fit new healthy habits into busy schedules.

As part of your benefits, you have access to the Wellbeats *Wellness* [Wellness Time Savers](https://portal.wellbeats.com/search(m:program-detail/2528)#overview) program, which is designed to help you prioritize your wellbeing, even with a busy schedule. With short, effective workouts, mindfulness exercises, and nutrition tips, you can make significant strides towards a healthier, happier you.

**What to expect:**

* **Quick and Effective Workouts:** Intense workouts videos in less than 10 minutes designed to fit your busy schedule.
* **Mindful Moments:** Simple mindfulness practices to reduce stress and improve focus.
* **Nutrition Tips:** Easy-to-follow advice for fueling your body.

**Ready to start your wellness journey?**

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]