



You've got health potential!

"I got hooked on in-line skating about five years ago. It provides a great workout without the pounding my body used to take from running. In-line skating is something you can do alone at your own speed or with a larger group. And the many paved, off-road trails in the metro area help make skating a safe and enjoyable fitness activity."

—Tim O'Donnell

Sr. Information Coordinator
Environmental Services
17 years of service

Congratulations! You have the opportunity to learn your personal health score — and how you can improve it.

HealthPartners offers you the full support of a personal wellness coach — whether you're looking for help losing weight or quitting smoking or need motivation to become more physically active. Whatever your health goals, you now have a wellness coach on-site... and on your side.

Perhaps you feel you need to do something, but you're just not sure where to start. HealthPartners offers a unique tool — a health assessment — to help you understand your current health status as well as your potential for improvement. The HealthPartners health assessment is easy to complete. It takes only 15 to 20 minutes to answer questions about your health and lifestyle.

That 15 to 20 minutes is an important investment in your health. After you complete the health assessment, you'll receive your health score, a personalized report, health tips, and personalized checklists — all tailored to your health needs and interests.

If you have or are at high risk for developing diabetes, heart disease or other chronic conditions, your personal on-site wellness coach is there to support and guide you, helping you make the most of all the resources we provide.

Turn the page to discover how easy it is to get started.

Imagine feeling better.
Stronger. Healthier.
Happier. More in
control. You can!

The first step is a
personalized health
improvement plan. Yours
free — and confidentially
— simply by completing
the HealthPartners
health assessment.

You are eligible to take
the health assessment.
Read on to learn about
the rewards for
participating.

Get Started!

Take the first steps toward a healthier lifestyle. From: **May 26 through July 7, 2009**

1. Log on at www.healthpartners.com/ha
2. Set up your confidential, secured account, including a username and personal password (if you already have an account at healthpartners.com, be sure to use that username and password to access the health assessment)
3. Type in this health assessment code: Please see attached code listing for specific codes
4. Answer the questions

Your health score and personalized health report will be available online as soon as you complete your health assessment.

Questions? Give us a call us at 952-967-5179. We are available to take your call Monday through Thursday from 7 a.m. to 7 p.m. and Fridays from 7 a.m. to 6 p.m.

Win an iPod touch!

Just for completing the health assessment, you become eligible to win an iPod touch! Your name is entered into a drawing and you could be a lucky winner. **Three** winners will be selected — **each** awarded an iPod touch.

We understand that the privacy of your health information is very important to you. We want to assure you that individually identifiable information you provide on your health assessment is protected by the same patient confidentiality laws that protect your medical record. Your employer receives aggregate results only.

The HealthPartners health assessment is an investment in a healthier life. The more you invest, the greater your rewards!