

HEALTH ON THE GO

2021 Living Well program overview

Health on the go

When life gets busy, your own health isn't always top of mind. But, when schedules are tight, you can still make health and well-being part of your day – at work, at home, or on the go. Living Well, our health and well-being program, is here to help.

Use this program to help make your health a priority. And the best part is you can do it all right from your smartphone. Here's a quick overview of how you can reach your health and well-being goals.

Here's what you need to do:

1. **Assess your health.** Take your health assessment. It's quick, easy, completely confidential, and takes about 10 minutes to complete. Plus, you get a snapshot of your current health status.
2. **Take action to improve your health.** Complete one or several well-being activities. Use your health assessment results to choose activities that best align with your health needs.
3. **Feel great.** By participating in the Living Well program, you'll receive access to tools and resources to help you in your personal well-being journey.

Healthy living on the go is simple. For more information, visit HealthPartners.com/Wellbeing

You probably have your phone handy, so let's get started:

- Go to healthpartners.com/wellbeing
- Enter your information or [Register now](#)
- Log on, complete your health assessment, click **Finish**
- **Download your results** and chart a course toward better health

Need to set up an account?

It only takes a minute. Use the **Register now** link to get started. You'll need to use Wartburg for Company name and have your HealthPartners member ID handy.

Questions?

If you have questions or need help logging on, call HealthPartners at **800-311-1052**. Or send them an [email](#).

You can also contact Human Resources and Payroll at **319-352-8521** or amy.wilson@wartburg.edu.