**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 “Heart Health flyer” to the email.

A person doing push ups on a mat

Description automatically generated

**According to the American Heart Association, only about one in five adults get enough exercise to maintain good health.** If you need help fitting heart-pumping exercise into your day, you’re not alone—and Wellbeats *Wellness* can help!

This complimentary wellness benefit houses on-demand fitness classes for all ages, abilities, and interests. In your Wellbeats *Wellness* account, you can explore a variety of workouts including running and walking, HIIT, cycling, kickboxing, and yoga, as well as mindfulness and nutrition classes to protect and strengthen your heart.

**Remember: any movement is better than none.** Whether you only have a few minutes or an hour, take steps to a healthier heart today with Wellbeats *Wellness*.

**How to Get Started**

Download the Wellbeats *Wellness* app or go to portal.wellbeats.com on your computer.

Username: Your [Company Name] Email Address

If you’re logging in for the first time or forgot your password, select “Forgot My Password” to be emailed a new, temporary password.

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

In health,

[Enter your name here]