**Mental Health Awareness: 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 “Create Your Calm Program Calendar” and “Create Your Calm Flyer” to the email.



**Subject: Focus on You for Mental Health Month with Wellbeats!**

In today’s fast-paced, always-connected world, it’s easy to overlook the need for self-care. But taking even a few moments to recharge can have a positive impact on your mental health and overall wellbeing.

As a part of your benefits, you have access to Wellbeats *Wellness*, which offers thousands of on-demand classes for taking a break or even recharging throughout your day.

[**Play a Class**](https://portal.wellbeats.com/list/category)

**Ready to take charge of your mental wellbeing?**

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]