**Mental Health & Wellbeing at Work: 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 “Mental Health & Wellbeing at Work Flyer” to the email.



**Subject: Unlock Your Best Workday with Wellbeats Wellness!**

In today’s fast-paced work environment, mental health and wellbeing isn’t just a luxury; it’s a necessity. When we feel mentally well, we are more equipped to handle our daily tasks and deadlines which is essential not only for individual success but also for the team's long-term performance.

As part of your benefits, Wellbeats *Wellness* provides many resources designed to help you care for you whole wellbeing throughout your workday. Whenever you need a quick recharge, Wellbeats offers classes like:

**[A person sitting on a chair in an office

AI-generated content may be incorrect.](https://portal.wellbeats.com/list/Category/Work%20Breaks(m:class-detail/2028)#overview) [A person holding her back while sitting at a desk

AI-generated content may be incorrect.](https://portal.wellbeats.com/list/Category/Work%20Breaks(m:class-detail/3065)#overview) [A person standing in a room

AI-generated content may be incorrect.](https://portal.wellbeats.com/list/Category/Work%20Breaks(m:class-detail/2027)#overview)**

You can also enroll in the [Give Me a Work Break](https://portal.wellbeats.com/search(m:program-detail/59)#overview) program or find more work break videos here: [Work Break Category](https://portal.wellbeats.com/list/Category/Work%20Breaks)

Because when your mind is well, your work thrives!

**Ready to get started?**

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]