**Self Care: 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 “Self Care Flyer” to the email.

A person smiling with her arms around her back

AI-generated content may be incorrect.

**Subject: Take a moment for you with Wellbeats' Wellness Time Savers program!**

As the seasons shift and the year winds down, it’s easy to focus on everything and everyone else. But your wellbeing matters, too. That’s why this November, we’re asking you to make space for self care.

As a part of your benefits, you have access to Wellbeats[**Wellness Time Savers program**](https://portal.wellbeats.com/search(m:program-detail/2528)#overview), which is crafted to support your wellbeing, no matter how packed your schedule is. With quick workouts, calming mindfulness practices, and practical nutrition tips, you’ll be able to make meaningful progress toward feeling healthier and more balanced.

**Ready to start the** [**Wellness Time Savers Program**](https://portal.wellbeats.com/search(m:program-detail/2528)#overview)**?**

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]