

Senior leadership letter

SUBJECT: Help is here

Dear _____:

We have some exciting news. We are starting a new wellness initiative that we think you'll enjoy. We want to help remove the obstacles to reaching your goals and give you the support and tools that will help you make lasting changes in your life.

We will be getting started soon with the Health Assessment, a completely confidential online questionnaire that will help you understand your current health. After you take the Health Assessment you will get a useful health report that tells you about things you can do to have a healthier lifestyle. For example, it might focus on exercise, weight management, tobacco cessation, healthy eating, or work and family stress. You'll also hear about opportunities that can help you reach your health and wellness goals.

This program is for everyone, not just for people who are already focused on wellness. You are important to us, and that's why we want to start together down the path to good health and well-being.

Watch for upcoming messages about the Health Assessment and many other personalized health and wellness opportunities.

Please join me (us) in taking the first step toward a healthier lifestyle by being a part of this fun and important program.

Sincerely,