**Ready-to-send email – *Generic 1***

**Subject Line:**

Introducing a New Wellbeing Program, Vitalize℠!

**Email Copy:**

Hi Team,

Happy New Year!

The start of the year is always a great time to refocus on your wellbeing and set goals for the year.

Univera Healthcare is now offering Vitalize, a digital home base for your health and wellbeing, in partnership with Personify Health, an independent company.

This program will give you the tools and support you need to make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most.

Attached are some helpful PDFs that will teach you more about Vitalize and get you started. You can also [click here](https://player.vimeo.com/video/1018756139) to watch a three-minute overview video.

If you have any questions, please feel free to reach out to me at any time.

[Signoff]

**Ready-to-send email – *Generic 2***

**Subject Line:**

Staying committed to your wellbeing.

**Email Copy:**

Hi Team,

In staying committed to supporting your wellbeing, we are excited to share a program that has resources, content and tools to support your unique needs when it comes to mental and emotional health.

Univera Healthcare is now offering Vitalize℠, a digital home base for your health and wellbeing, in partnership with Personify Health, an independent company.

Within this wellbeing program you will have access to tools that support healthy lifestyle changes such as:

* Daily Tips & Healthy Habits to support successful behavioral health changes and resilience.
* Journeys® Digital Coaching where each journey breaks a key behavior or a larger

goal into smaller achievable steps.

* Personal Spotlight Challenges for supportive group competition that goes beyond activity-based challenges focusing on mental wellbeing.
* A media library that focuses on topics like mental wellbeing, mindful eating, nighttime

anxiety, and more.

Attached are some PDFs that will teach you more about Vitalize and help you get started. You can also [click here](https://player.vimeo.com/video/1018756139) to watch a three-minute overview video.

If you have any questions, please feel free to reach out to me at any time.

[Signoff]

**Ready-to-send email – *Rewards***

**Subject Line:**

Start earning rewards for your healthy habits!

**Email Copy:**

Hi Team,

We are excited to share a new wellbeing program you now have access to – Vitalize℠!

Univera Healthcare is now offering Vitalize, a digital home base for your health and wellbeing, in partnership with Personify Health, an independent company.

With Vitalize Rewards you can earn up to x per year. It’s easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you’ll earn.

Attached are some PDFs that will teach you more about Vitalize and help you get started. You can also [click here](https://player.vimeo.com/video/1018754665) to watch a three-minute overview video.

If you have any questions, please feel free to reach out to me at any time.

[Signoff]