
Personal Wellness Assessment Launch Emails

Below are a series of emails that you can use to introduce and promote your Personal Wellness Assessment (PWA) to your team. The first is intended to introduce the PWA campaign to employees and let them know that it's coming soon. This is followed by a message to inform them that the PWA is active. The final email is a final reminder to employees to complete their PWA before the campaign ends.

Please feel free to use these emails as templates and adjust them to suit your needs. Also, remember to add details including your company's PWA URL and campaign dates before sending. These items have been identified [IN CAPITAL LETTERS].

Thank you for your continued commitment to employee wellness and have fun with your PWA campaign!

You can jump to each email by clicking on the link below:

[Email 1](#): Coming Soon! A wellness assessment just for you.

[Email 2](#): How healthy are you? It's time to find out!

[Email 3](#): Subject: Have you completed your PWA?

Email 1:

Subject: Coming soon! A wellness assessment just for you.

Hello!

[YOUR COMPANY NAME] will be launching a Personal Wellness Assessment (PWA) as a part of our Wellness Program through EWSNetwork. This 10-minute individual assessment will be accessible to all our employees and is a fantastic tool to help you learn more about your health and identify personal wellness goals.

The PWA will ask questions regarding your current health habits, family history and lifestyle. It is important to note that the PWA is 100% confidential and that you will receive your own individual personalized report upon completion.

The PWA focuses on the following areas of your health and wellness:

- Overall Health
- Stress and Emotional Health
- Physical Activity Habits
- Eating Habits
- My Workplace
- My Readiness to Change
- My Health Interests

Things to know about the assessment:

1. Your PWA results are 100% confidential.
2. You will instantly receive a personalized report that can help you to identify your own personal wellness goals.
3. A group trend report will identify the top wellness areas of the company, which can then be used to create programming that will meet both the needs and wants of the organization.

To access the PWA and create your own individual profile, click the following link: [INSERT COMPANY PWA URL]

***NOTE: Your unique PWA URL will be sent to you by Heather Barrett by email.**

Have a great day!

Email 2:

Subject: How healthy are you? It's time to find out!

Today is the day! The Personal Wellness Assessment is active and you are now invited to complete your individual assessment. The PWA will be available beginning today and until [ADD END DATE].

Please note that this questionnaire is not compatible with Internet Explorer.

To access the PWA and create your own personal profile click on the following link:

[INSERT COMPANY PWA URL]

Once you have completed the assessment, you can download the results or email yourself a copy!

Thank you in advance for completing the PWA!

Email 3:

Subject: Have you completed your PWA?

Hello!

This is a friendly reminder that there are only a few days left in the Personal Wellness Assessment campaign. If you have not yet done so, kindly take a few minutes to complete your personal assessment by [ADD DATE OF FINAL DAY].

Simply click on the following link to access the PWA and create your own personal profile.

[INSERT COMPANY PWA URL]

Once you have completed the assessment, you can download the results or email yourself a copy!

Have a great day!