[subject]

**Check out Change4Life for a chance to WIN!**

[email body]

**GET HEALTHY, GET REWARDED, WITH CHANGE4LIFE.**

The Change4Life® wellness portal, available at no cost through our group health benefits program with GreenShield, helps support your healthy life choices by providing you with personalized tips, easy-to-use online tools, and important information – all at your fingertips.

You’ll get insight into your current health, learn how you can successfully improve it using a “small steps” approach, and use Change4Life tools and information to make it easier to manage existing medical conditions.

Here’s what you can do on the Change4Life portal:

* Complete a health risk assessment to receive your personalized health report card and action plan
* Track your daily health progress
* Sign up for reminders to take or refill your medication
* Sign up for healthy living reminders
* Learn about healthy living with easy-to-use educational modules
* Set personal health goals (and achieve them!)
* Learn about and practise mindfulness via the Mindfulness Program

**Here’s how Change4Life helps you win rewards:**

As you use the Change4Life portal, you’ll also be earning points that you can use to bid on great rewards (via the portal). There are quarterly bonus draws too! The more you use the site, the more chances you’ll have to win!

**Ready to get started?**

Access Change4Life by logging into your online account. Check it out today!