

Chronic Condition Management Coaching

A healthy outside starts from the inside!



What is a chronic condition management coach?

Sharecare's chronic condition management program supports you on the path to better health. You'll speak to a clinical professional who understands your health status. During your calls, you'll discuss ways to better manage your condition and boost your well-being.

Who is eligible to participate?

All employees, spouses, adult dependents and retirees who are enrolled in medical insurance with Partners for Health are eligible to participate in coaching. You must meet the program requirements to participate in chronic condition management coaching.

What chronic conditions can they support?

Our coaches can support the following conditions:

- Diabetes
- Coronary Artery Disease
- Heart Failure
- Chronic Obstructive Pulmonary Disease
- Asthma
- Hypertension
- Chronic Kidney Disease

How can coaching help me?

With more than three decades of chronic condition management experience, our coaches can help you:

- Set goals and take simple steps to feel better
- Identify and fill gaps in care
- Learn how healthy behaviors lead to long-term improvement
- Discuss specific needs to manage your conditions

Is my participation confidential?

Yes. You can be open and honest with your coach. What you discuss stays between the two of you and will never be shared with your employer or anyone else.

How much time does it take?

Phone calls last about 10-15 minutes. All calls will be scheduled at your convenience. Don't have time for a call? Chat with your coach at a time that's convenient for you through the app!

You can also earn incentives:

You can earn \$25 for each completed coaching call or chat session (for a maximum of \$250)*.



Start today! Call **1-888-741-3390** and select **option 2** to enroll in coaching. Our coaches are available **Monday – Friday 8 a.m. – 8 p.m. and Saturdays 8 a.m. - 4:30 p.m. CT**. To enroll online, visit **stateoftn.sharecare.com** and select **Achieve, Coaching and Disease Management Coaching**.

To access health coaching or guided programs, you must meet eligibility requirements as set forth by each specific program and/or the Partners for Health Wellness Program to ensure the program is clinically appropriate for you. Please note, you can only participate in one program at a time. You can change programs at any time (if eligible).

*Incentives are available for active state and higher education employees and spouses who are enrolled in medical insurance with Partners for Health.

For information on filing an appeal regarding your incentive credits, visit sharecare.com/tnwellness/appeals.

Sharecare, Inc. is an independent company that provides health improvement and wellness services for the Partners for Health Wellness Program. Information provided by Sharecare is not a substitute for the advice or recommendations of your health care provider.