

# Your healthier life starts today

Sharecare's Chronic Condition Management Coaching can improve your well-being.

Health care can be hard to navigate. Let Sharecare be your guide! We have more than 30 years of experience in chronic condition management coaching, so we can set you on the path to better health and well-being.

## How it works

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.

When you enroll in our program, you will speak to a clinical professional who understands your health status. They'll work with you to learn about your current care, then will help you set goals to improve your well-being. You'll also get access to articles and content to help you make daily healthy choices.

**Plus, you can earn incentives!** You can earn \$25 for each coaching call or chat session, up to a maximum of \$250\*.

## Our coaches can support the following conditions:



Diabetes



Coronary Artery Disease



Heart Failure



Chronic Obstructive Pulmonary Disease



Asthma



Hypertension



Chronic Kidney Disease

My stress is impacting my blood pressure.

I can help with that!

I just got diagnosed with diabetes.

I can help with that!



## With chronic condition management, you can:

- 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

Call **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. to 4:30 p.m. CT.** To enroll online, visit [stateoftn.sharecare.com](http://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](http://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.