

Lifestyle Management Coaching

Because you matter.



Life improvement begins with self-improvement.

Lifestyle management coaching is confidential and is provided by highly trained and qualified experts. They have been in your shoes and faced their own health challenges. A coach will act as a partner to help you stay on track and celebrate your success. Together, you'll create a plan to help you meet the goals you want to achieve.

Work with a coach to:

- Build a fitness routine you enjoy and can stick with
- Plan healthy meals for you and your family
- Determine life stressors and how to better manage them daily
- Strategize a weight-management plan to keep you feeling your best
- Create a plan to help you quit tobacco or vaping for good
- Spice up your exercise routine or healthy eating plan

Who can participate in coaching?


Coaching is available to all eligible employees, spouses, dependents age 18+ and retirees who are enrolled in medical insurance with Partners for Health. You don't have to have a specific medical condition or health issue to participate.

How do I get started?

There are a couple of ways you can enroll:

1. Call **888-741-3390** and select **option 2**. You will learn more about lifestyle management coaching and get answers to your questions. We'll schedule an appointment with a coach based on what's most convenient for you.
2. You can also enroll through the Sharecare app. Register or sign in at stateoftn.sharecare.com, select **Achieve, Coaching and Lifestyle Management Coaching**. You'll select your focus area, schedule an appointment, and select a contact method. It's that easy.

To start a chat session after enrollment:

- Tap the blue chat icon  within the Sharecare app
- Tap **Start Live Session** (if coach is available) or tap **Leave a Message**



Have more questions? Call **888-741-3390**. Our coaches are available **Monday - Friday 8 a.m. - 8 p.m. and Saturdays 8 a.m. - 4:30 p.m. CT** or visit sharecare.com/tnwellness/health-coaching/ to learn more.

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).

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.