

Lifestyle Management Coaching

Unlock your true potential

All employees, spouses, adult dependents and retirees who are enrolled in medical insurance with Partners for Health can participate.

A lifestyle management coach is the perfect partner to help you reach your health goals, no matter where you are on your well-being journey. Get personalized support from qualified experts to help you:



Manage stress



Eat healthier



Focus on fitness



Quit tobacco



And more

During your first session, a coach gets to know you and your goals, and helps you find realistic ways to reach them. You'll check in every four to six weeks—or more often if you prefer. Sessions will only take about 15 minutes. You can schedule phone calls with a coach or do chat sessions; whatever works best for you.

Incentives

Earn \$25 per coaching call or chat session, up to a maximum of \$250*.



Get started today!

Coaching is available at no cost to you as part of your Partners for Health wellness program. 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. - 4:30 p.m. CT**. To enroll online, visit **stateoftn.sharecare.com** and select **Achieve, Coaching and Lifestyle Management Coaching**.

*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

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.

I need help with weight management.

I can help with that!

I would like information on how to manage stress.

I can help with that!

