

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

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!

Would you like to start a live health coaching session?

Your live chat coaching session will take about 15 minutes. If you have a health-related question, please send a message.

If you're experiencing a medical emergency, please call 911.

Start Live Session

Leave a Message

Track Discover Achieve You



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.**



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.