



Eat Right Now[®]

Digital weight loss program

Frequently Asked Questions

What is Eat Right Now and how does it work?

Eat Right Now is a 12-month weight loss program that combines neuroscience and mindfulness. It helps you ride out cravings, identify unhelpful eating behaviors, and change the way you eat. The program helps you lose 5-7% of your body weight. It can also help reduce the risk of developing type 2 diabetes.

What are the key benefits of the Eat Right Now program?

- On-demand video lessons on mindfulness-based behavior change
- Free Withings scale and Fitbit Inspire 2™ that connect with the Eat Right Now program
- Text-based coaching with qualified health experts
- Live weekly classes hosted by Dr. Jud Brewer and other trained experts*
- 24/7 peer support within a friendly community moderated by experts
- Compatible with Apple Health, Google Health and Fitbit trackers
- Available via web, iOS and Android

How do I get my free Withings scale and Fitbit Inspire 2?

You'll order your free Withings scale during your Eat Right Now program enrollment. First, you'll answer some questions about your goals and motivations. Then you'll be prompted to enter your shipping information to process your order. Keep an eye out for an email from Withings with your order status and tracking number.

You will receive a free Fitbit Inspire 2 by achieving a weight loss of 2% or more after 30 days in the program or engaging with the program at least 10 days (days do not have to be consecutive). Here are all the different way you can engage with the program on a daily basis:

- Complete the daily lessons
- Chat with an online health coach
- Interact with the online community
- Use the check-in, craving tool, stress test or want-o-meter

Once you've unlocked your eligibility, you'll receive a notification within the Eat Right Now app and your phone with a link to order your free Inspire 2 from the Fitbit[®] store. You can also upgrade your tracker for an additional cost. Be on the lookout for an email from Fitbit with your order status and tracking number.

How do I connect my Withings scale to the Eat Right Now program?

Connecting your Withings scale to Eat Right Now is easy. Your scale arrives ready to use. Simply pull the tab from the battery cover and place the scale on the floor. Once you see the “ready” message you are all set! Each time you step on the scale, your weight will be recorded in the Eat Right Now platform, web and/or app. For the best experience, we recommend you use the Eat Right Now app.

How do I connect my Fitbit Inspire 2 to the Eat Right Now app?

Connecting your Inspire 2 to the Eat Right Now app is easy. Once you’ve set up your Inspire 2 with the Fitbit app, follow these steps to ensure your activity is being recorded in the Eat Right Now app.

- Open the Eat Right Now app
- Click **Account**
- Click the down arrow in the top right corner
- Click **My Devices**
- Click **Connect** next to Fitbit

Do I have to use the program every day?

No. Eat Right Now is designed for you to take at your own pace. Daily use is recommended but not required.

How long is the program?

Eat Right Now is a 12-month program focused on long-term changes and lasting results. The program makes progress easy—and even fun! Daily lessons are about 10 minutes. Plus, you’ll have access to science-based tools, an online coach and more that will help you adopt healthy habits.

Who is eligible to participate in the program?

All employees, spouses, adult dependents and retirees who are enrolled in medical insurance with Partners for Health with a body mass index greater than 27 are eligible to participate.

Is there a cost for this program?

Eat Right Now is available at no cost for eligible members.

How can I access Eat Right Now?

Eligible users can access Eat Right Now at stateoftn.sharecare.com. Select ‘Achieve’, then select ‘Programs’, and then select ‘Eat Right Now’. You will be asked to take a brief survey to determine if you qualify.

Can I earn incentives for participating?

Eligible members can earn up to \$250 when you participate in Eat Right Now:

- Engage with the Eat Right Now program 5 days per month to earn \$30, up to \$150
- Weigh in with the Eat Right Now program once per month to earn \$25, up to \$100

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

Have questions?

Call 888-741-3390, Monday - Friday 8 a.m. - 8 p.m. CT or visit sharecare.com/tnwellness/eat-right-now



*Dr. Jud Brewer, the creator of Eat Right Now is a renowned psychiatrist and expert in mindfulness training. He, along with the behavior change experts can show you how you can overcome the everyday habits that are holding you back.

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).

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.