



# The support you need on your weight loss journey

Update your eating habits to make lasting weight loss possible. Eat Right Now is a weight loss program that combines neuroscience and mindfulness. It helps change your relationship to eating and make lifestyle changes that last.

## Benefits



Short daily video lessons



Free scale & activity tracker that connect with the program



Text-based coaching with qualified health experts



Weekly expert calls that address habit change plus any questions you may have



24/7 peer support within a friendly community moderated by experts

## Who can participate?

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.

## Incentives

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.*

## How to get started

Access Eat Right Now at [stateoftn.sharecare.com](https://stateoftn.sharecare.com). Select **Achieve**, then **Programs**, and then select **Eat Right Now**. You will be asked to take a brief survey to determine if you qualify.

## Have questions?

Call 888-741-3390, Monday - Friday 8 a.m. - 8 p.m. CT or visit [sharecare.com/tnwellness/eat-right-now](https://sharecare.com/tnwellness/eat-right-now)



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](https://sharecare.com/tnwellness/appeals).

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