

Start on your path to better health



Meet Sharecare

Together with Sharecare, Partners for Health has created wellness resources for employees not enrolled in medical insurance through Partners for Health.

Sharecare is a digital health solution that helps you manage all of your health in one place. You can receive personalized insights, information, daily tracking, powerful tools and programs to help you live a healthier life, no matter where you are in your health journey.

Sharecare helps you learn what to do to be healthier. From eating better to fitness tips to stress relief, Sharecare recommends simple things to do every day, and reminds you to do them.

Benefits

- Access to personalized, expert-driven articles, resources, videos and more
- Tools to help you establish or reinforce healthy habits
- Real time tracking of health progress
- Securely store all your health information in one place

Features



RealAge® Test

How old are you – really? Sharecare's RealAge Test is a scientifically-based assessment that shows you the true age of the body you're living in based on your behaviors and existing conditions.



Personalized timeline

When you open Sharecare, once you complete your RealAge Test, you can scroll through your timeline for personalized and relevant tips, recommendations, topics, articles and videos. The more you use your timeline, the more personalized it will become.



Green day trackers

Sharecare created green day trackers that monitor the core health factors that influence your health the most. Each key health factor is rated on a five-point color scale from green to red, and your goal is to be "in the green" for the majority of the trackers per each calendar day to earn a green day.



Health profile

Your Sharecare profile is a living, breathing, evolving story of your health. You can securely store and access all your biometrics and health data in your profile. Rest assured that your personal health information entered in the Partners for Health wellness program is not shared and is kept private and secure.



Unwinding Anxiety

You have access to Unwinding Anxiety, a powerful program to help you manage your anxiety. This 30-day program consists of short daily exercises to help you learn how your mind works, so you can change your habits that lead to stress and anxiety.



Explore and discover

Check out Sharecare's Discover section to learn something new about your health and community. After you've taken your RealAge Test, you'll see how your results stack up against your peers. You can also view a snapshot of your community's wellbeing and find places nearby to support your wellness journey, including fitness centers, park and stores that sell healthy foods.



Challenges

Sharecare challenges leverage green day trackers to make it fun and easy for you to stay on track to improve your health and lower your RealAge. Join us for some friendly competition to see how you stack up against other challenge participants. Quarterly challenges will be available - stay tuned for more information on how to participate.

Take the first steps now!

Learn your RealAge today and join the Sharecare program to grow younger at stateoftn.sharecare.com.



Have questions? Call Sharecare at 888-741-3390, Monday - Friday 8 a.m. - 8 p.m. CT or visit sharecare.com/tnwellness to learn more.

Sharecare, Inc. is an independent company that provides health improvement and wellness services for ParTNers for Health Wellness Program. Information provided by Sharecare is not a substitute for the advice or recommendations of your healthcare provider.