



Know Your Numbers

Complete your biometric screening

All employees, spouses, adult dependents and retirees enrolled in medical insurance with Partners for Health can complete a biometric screening.

When you know your numbers, you'll be able to see where your health stands today and where you can make improvements for a healthier future. **Plus, complete your biometric screening by Nov. 30 and earn up to \$200.***

Options to screen:

At an Event — Attend a screening at or near your work, if available.

Visit a Patient Service Center — Quest Diagnostics has 2,200 convenient PSC locations across the country.

Download a Physician Results Form** — Download this form through Quest Diagnostics and bring to your doctor to fill out all your health numbers from a recent physical. Return the form via fax or upload through the Quest site.

Order an At-Home Kit*** — If you feel more comfortable staying home, request self-collection materials to complete your screening.

To sign up:

Visit **stateoftn.sharecare.com**.

1. Select **Achieve, Programs** and **Health Screening**.
2. You will then be directed to the Quest Diagnostics Health & Wellness site to schedule and/or alter your PSC or onsite appointment, request an at-home kit or download/upload your Physician Results Form.

Biometrics may also be accessed through your Sharecare account via the Benefits Hub.

Be ready for the screening:

- Drink plenty of water.
- Keep taking your medications, as prescribed, the day of your screening.
- Do not eat or drink anything, except water, for 9-12 hours prior to the blood test to obtain accurate results.

Fasting is not required to participate in the screening; however, to be eligible for the biometric screening lab values incentive, you must fast to ensure an accurate blood glucose measurement.

Incentives:

Employees and spouses, complete your screening by Nov. 30 to earn \$50. If three out of four biometric screening lab values are in range, you will earn \$125. If your blood pressure targets are also in range, you will earn an additional \$25.

Note: You must complete the **RealAge Test by Dec. 31** to earn your incentives. Once logged into your account, visit **You > Your RealAge** to get started.

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



*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.

**If you complete a biometric screening with your doctor anytime between Dec. 1, 2025 - Nov. 30, 2026, these lab results can count toward your 2026 incentive earnings. You have until Dec. 15, 2026 to submit a Physician Results Form.

***Please note: Your at-home test kit must be ordered and returned in the same program year. If you order an at-home kit and do not return it within the same year, you will no longer see it as an option to complete your biometric screening in subsequent program years.

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.