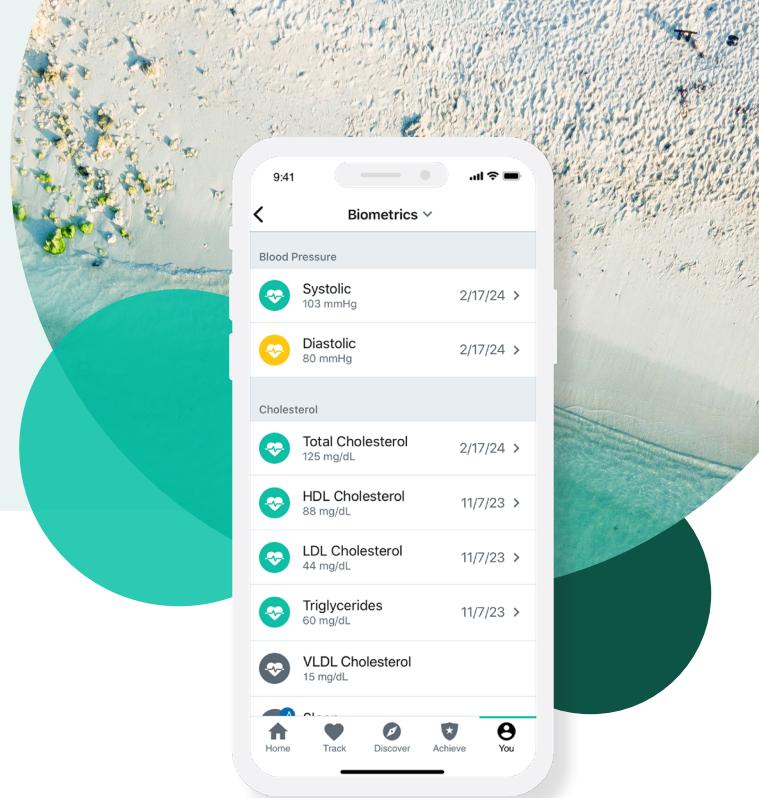


# Know Your Numbers

## Complete your Biometric Screening

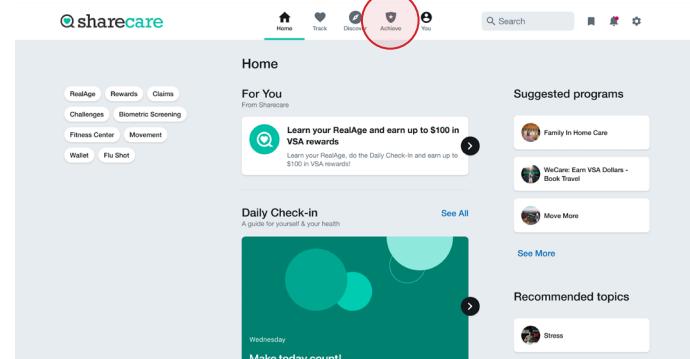
To participate in a biometric screening, you must first register for an account by visiting [stateoftn.sharecare.com](http://stateoftn.sharecare.com) for instructions. Once registered, follow these steps to **complete your biometric screening by Nov. 30 and earn up to \$200\***.



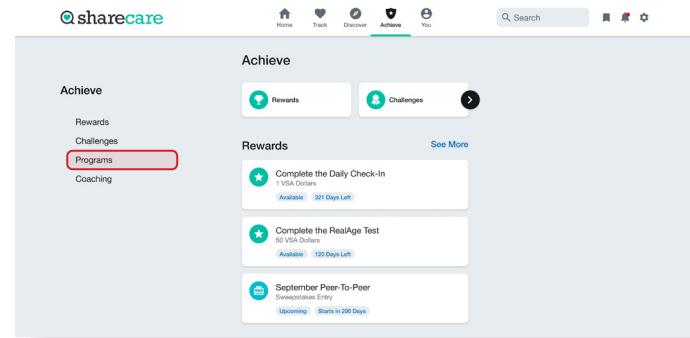
- 1 Sign up or log in to your Sharecare account.



- 2 Navigate to Achieve.

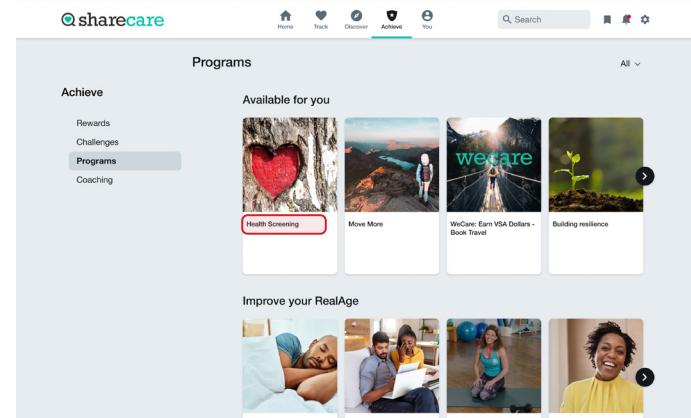


- 3 Click on the Programs tile.



# Complete Your Biometric Screening

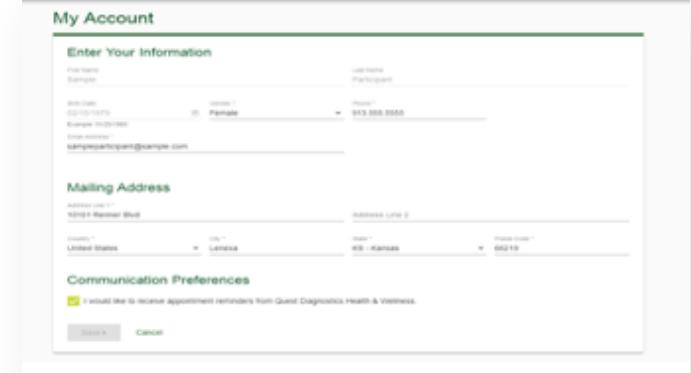
4 Click on the **Health Screening** tile to be directed to Quest site.



5 After reaching the Quest site, if this is the first time this year, you will need to accept the Terms and Conditions and the Sharecare Consent to continue.



6 Verify all your information under **Enter Your Information** and **Mailing Address**. Select if you would like to receive appointment reminders from Quest. Click **Save**.



# Complete Your Biometric Screening

7

Once on the home dashboard under **Wellness Screening**, click on **Schedule a Screening** if you'd like to schedule an appointment at a Patient Service Center, **Make an Appointment** to attend an onsite screening event, **Order Form** to request a Physician Results Form\*\* or **Order Materials** to request an at-home kit.\*\*\*

## Wellness Screening

To get started, select an appointment method below:

Patient Service Center

Schedule a screening at a nearby Quest Diagnostics location.

[Schedule a Screening](#)

At an Event

Attend a wellness event at work or a location designated by your organization.

[Make an Appointment](#)

Physician Results Form

Download a form that your health provider completes with your recent test results.

[Order Form](#)

Self-collection

Complete your self-collection

[Order Materials](#)

## 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/](http://sharecare.com/tnwellness/biometric-screenings/).**

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

\*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](http://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.

