



# Eat Right Now®

## Digital weight loss and diabetes prevention program frequently asked questions

### What is Eat Right Now and how does it work?

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

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

- Short video and audio lessons on mindfulness-based behavior change that fits into any schedule
- Free Withings scale and Fitbit activity tracker that connect with the Eat Right Now program
- Chat-based coaching with qualified health experts
- Live weekly facilitated group calls with program coaches, clinical experts and peers
- 24/7 support from peers within a friendly, moderated community
- 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?

You'll order your free Withings scale during your Eat Right Now program enrollment. After you answer some questions about your goals and motivations 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 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 ways you can engage with the program on a daily basis:

- Complete the daily lessons
- Chat with your coach
- Attend a weekly call
- Interact with the online community
- Use an in-app tool for cravings and habit change

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 activity tracker 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 app.

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

Connecting your Fitbit to the Eat Right Now app is easy. Once you’ve set up your Fitbit 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 on **Account**
- Click on the down arrow in the top right corner
- Click on **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 year-long program focused on long-term changes and lasting results. The program makes progress easy—and even fun! Lessons are about 10 minutes per day, plus, you’ll have access to science-backed tools, a personal coach, live calls and a supportive community that will help you adopt healthy habits.

### Who is eligible to participate in the program?

Eat Right Now is for all employees, spouses, adult dependents and retirees who are enrolled in medical insurance with Partners for Health with a body mass index of 25 or greater. After the onboarding assessment, you will be placed in the appropriate program track based on your goals for weight loss and/or diabetes prevention.

### 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](https://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.

### 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).

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