

# Digital weight loss and diabetes prevention programs

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



## Benefits



Short daily video lessons



Free scale and activity tracker that connect with the program



Chat-based coaching with qualified health experts



Weekly facilitated group calls with program coaches



24/7 peer support within a friendly, moderated community

## 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 of 25 or greater are eligible to participate.

## How to get started

Access Eat Right Now at [stateoftn.sharecare.com](http://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](http://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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