



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.

Incentives

Eligible members can earn up to \$250 when you participate in Eat Right Now:

- Engage with the Eat Right Now program five days per month to earn \$30, up to \$150
- Weigh in with the Eat Right Now program once per month to earn \$25, up to \$100

Incentives are available for active state and higher education employees and spouses who are enrolled in medical insurance with Partners for Health.

How to get started

Access Eat Right Now at 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



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).

For information on filing an appeal regarding your incentive credits, visit sharecare.com/tnwellness/appeals.

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