



# Engagement Playbook

*Local Education and Local Government Members*

# Partners for Health Wellness Program, by Sharecare

## Who is Sharecare?

At Sharecare, our mission is to help each person build a longer, better life. We help boost the health of individuals, organizations and communities. Through Sharecare, members can access powerful health programs, personalized tips, benefits and services to boost their well-being.

## Who is eligible to participate in the program?

Employees, spouses, adult dependents and retirees who are enrolled in medical insurance with Partners for Health have access to the following Sharecare tools and programs.

## The program includes:

### Sharecare member platform:

Members will have access to their wellness program at [stateoftn.sharecare.com](http://stateoftn.sharecare.com).

### Sharecare mobile app:

Members can access their wellness program on-the-go by downloading the Sharecare app. The app is available on iOS or Google Play.

### RealAge Test:

Sharecare's health assessment looks at a member's lifestyle and health risks to calculate the "true age" of their body. Members will also get tips to lower their health risks over time!

### Biometric screening:

Biometric screenings can help members get a snapshot of their overall health. Members will have several screening options this year offered by our screening vendor, Quest. Members can complete a screening at an onsite event, by visiting a Quest Patient Service Center, with their doctor using a physician results form or through an at-home test kit.

### \*Lifestyle management coaching:

Lifestyle coaching targets members who are at risk for developing a condition. This personalized program can help members boost their overall physical health and well-being. Example focus areas include exercise, healthy eating, stress management, quitting tobacco and weight management. Coaching is available by phone or via chat.

### \*Chronic condition management coaching:

Our coaches have more than three decades of chronic condition management experience. Members can work with our clinicians to set goals, identify and fill gaps in care, learn about healthy behaviors and more. Our clinicians can support the following conditions: diabetes, coronary artery disease, heart failure, COPD, asthma, hypertension and chronic kidney disease. Coaching is available by phone or chat.

### \*Eat Right Now digital weight loss and diabetes prevention program:

Eat Right Now is a weight loss program that combines

neuroscience and mindfulness tools to change members eating habits for good. Members can access lessons, coaching and more to get support on their weight loss journey.

**\*Vida diabetes management program:** Vida Health offers a virtual program designed to help members take control of type 2 diabetes. Through Vida, members can easily track their blood glucose on the app. They will also get a free blood glucose meter and unlimited test strips. Plus, they'll receive helpful tips, get expert support and can virtually meet with a doctor to ask questions.

### Unwinding Anxiety:

Unwinding Anxiety combines neuroscience and mindfulness tools to help members change their relationship to stress. Members can access 30 online guided lessons, mindfulness exercises and more.

### Quarterly challenges:

Quarterly challenges are available to help members stay motivated and engaged throughout the year. Visit [sharecare.com/tnwellness/quarterly-challenges](http://sharecare.com/tnwellness/quarterly-challenges) to find out what challenges are available this year.

### Green days:

Sharecare has 13 health factors that members can use to track progress. These trackers include: weight, stress, tobacco use, sleep, relationships, medications, exercise, diet, cholesterol, blood pressure, steps, glucose and alcohol. A health factor is "green" if a member meets that specific healthy goal. For example, achieving seven hours of sleep earns a "green" for the sleep factor. When any eight of the 13 health factors are green on any given day, they will earn a green day.

## Contact Information:

### Members questions:

888-741-3390  
Mon-Fri 8 a.m. – 8 p.m. CT

### Program websites:

Sharecare member platform: [Stateoftn.sharecare.com](http://Stateoftn.sharecare.com)  
Microsite with program details: [Sharecare.com/tnwellness](http://Sharecare.com/tnwellness)

\*Members must meet the 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 them. Members can only participate in one program at a time. However, they can change programs at any time (if eligible).



# Wellness Program

# 2026 Giveaways

Members can complete activities to earn fun prizes. All eligible members can complete these activities to earn giveaways (including adult dependents and retirees).

Giveaway	Timeframe	Number of Prizes
Register + RealAge Test Giveaway	Jan. 1, 2026 – Jan. 31, 2026	The first 250 members to register or login and complete their RealAge Test can select from a beanie or blanket.
Heart-Healthy Plate Challenge	Feb. 1, 2026 – Feb. 28, 2026	Complete the challenge goal by tracking a well-balanced diet for 21 days. The first 100 members to complete the goal will receive a kitchen scale.
Mindful Moments Self-Care Challenge	May 1, 2026 – May 31, 2026	Complete the challenge goal by logging into the challenge page and answering 'Yes' to the self-care question for at least 21 days. The first 100 members to complete the goal will receive a handheld message gun.
STEP-Tember Steps Challenge	Sep. 1, 2026 - Sep. 30, 2026	Complete the challenge goal by tracking 5,000 steps for 21 days. The first 100 members to complete the goal will receive a portable fan.
Season of Thanks Gratitude Challenge	Nov. 1, 2026 - Nov. 30, 2026	Complete the challenge goal by logging into the challenge page and answering 'Yes' to the gratitude question for 21 days. The first 100 members to complete the goal will receive a smart notebook.

# *Wellness Program*

# Engagement Toolkits

Engagement toolkits for all Sharecare program offerings are located at [Sharecare.com/tnwellness](https://Sharecare.com/tnwellness) > **Engagement Materials**. All materials are available as downloadable PDFs that can be used to email to colleagues at your worksite or print and distribute as appropriate.

Note: Challenge materials will be posted one month prior to the giveaway.

