

# Take your health further and earn cash incentives

Get support on your wellness journey



Stress less, eat better, manage a chronic condition and more. Through the Partners for Health Wellness Program and Sharecare, you have access to free health coaching and guided programs to help you live your healthiest life.

All employees, spouses, adult dependents and retirees enrolled in medical insurance with Partners for Health can participate in the coaching and guided programs offered.

Visit [stateoftn.sharecare.com](http://stateoftn.sharecare.com) and select **Achieve** to see what's available:

- **Health Coaching:** Meet your wellness goals or get support with a chronic condition like asthma or COPD. Our expert coaches can help! Call **888-741-3390** or select **Achieve** and **Coaching** to get started.
- **Eat Right Now® weight loss & diabetes prevention program:** Change your eating habits for good and stop your cravings in their tracks.
- **Vida diabetes management program:** A virtual program designed to help you take control of type 2 diabetes.
- **Unwinding Anxiety®:** Learn to stress less each day and break the cycle of worry and panic.



Call **888-741-3390**, Monday – Friday 8 a.m. - 8 p.m. CT or visit <https://sharecare.com/tnwellness/health-coaching-and-guided-programs/> to learn more.

To access health coaching or the guided programs mentioned above, 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).

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.