

Start on your path to better health

Wellness Program for Local Education, Local Government and Retirees

Together with Sharecare, Partners for Health has created a wellness program to help you live your happiest, healthiest and most productive life. All employees, spouses, adult dependents and retirees who are enrolled in medical insurance with Partners for Health have access to wellness resources to help keep your mind and body strong – at no cost to you.

To get started

1. Visit **stateoftn.sharecare.com** to register and create a user ID and password.
2. Take your **RealAge® Test** as guided through the Sharecare platform.
3. Download the **Sharecare app** to your mobile device or tablet from the App Store or Google Play.
4. Check out the **reverse page** for specific program details.



More about Sharecare's tools and resources

As part of the Sharecare community, members get access to personalized tools and resources that help them understand their daily habits and live healthier lives.



Take the RealAge Test.

The RealAge Test within Sharecare will reveal a member's true age based on diet, exercise and sleep habits, behaviors and existing conditions.



Get a biometric screening.

Members can visit sharecare.com/tnwellness and select **Sharecare Profile > Biometric Screenings** to see what screening options are available this year at no cost.



Partner with a coach or access guided programs.

Members will have access to programs focused on weight management, anxiety, chronic condition management and more! They can visit sharecare.com/tnwellness and select **Sharecare Profile > Health Coaching and Guided Programs** to see what's available.



2026 Program Offerings

Members have access to health coaching and self-paced guided programs to support their wellness journeys. These programs are completely voluntary and available at no cost to eligible members.



Health Coaching and Support

Our expert coaches can help members meet their wellness goals, whether they want to boost their health or manage a chronic condition. They will work with a trained coach and/or a registered nurse to get personalized support



Digital Weight Loss and Diabetes Prevention Program

Eat Right Now® is a mindfulness based program that can help members manage their weight by reducing craving-related eating and creating healthier eating habits.



Type 2 Diabetes Management

Vida Health is a virtual health program for managing diabetes. The program offers virtual visits with registered dietitians and/or diabetes educators, device synching for blood sugar/glucose meters, in-app tracking for A1C, blood sugar, food and medication adherence.



Stress & Anxiety Management

Unwinding Anxiety® can help members lower their anxiety, sleep better and boost relationships with loved ones through guided lessons, mindfulness exercises and community support.



Wellness challenges

Quarterly challenges are available to help members build healthy habits throughout the year.

Be sure to check out the website frequently for updates on 2026 challenges and giveaways!



To access health coaching or guided programs, members 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 them. Please note, they can only participate in one program at a time. Members 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.