



Take your health further.

Get support on your wellness journey.

Learn to stress less, eat better, move more and manage your chronic conditions! You have access to health coaching and self-paced guided wellness programs to support you on your wellness journey. These programs are completely voluntary and won't cost you anything.

Who can participate?

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

Coaching: All eligible members can contact a health coach and get support for health coaching. You must meet the program requirements to participate in condition management coaching.

Guided programs: You will be asked to take a brief survey when selecting a program to determine if you qualify. You must meet the program requirements to participate in each program.

Boost your wellness journey:

Please note that you can only participate in one program (including coaching) at a time. If eligible, you can change programs at anytime.

Live your healthiest life

Health Coaching: Our experts will help you create a plan to meet your wellness goals, whatever they may be. Stop smoking, start an exercise routine, maintain your weight and much more -- our coaches can help!

Manage a chronic condition

Condition Management Coaching: Our coaches are trained professionals who understand your health status. They can support you in areas such as diabetes, heart disease, asthma, hypertension, chronic kidney disease and more.

Nutrition

Eat Right Now®: Learn to change your eating habits for good! You'll learn how to stop your cravings in their tracks, so you can develop a healthier relationship with food.

Intensive Diabetes Management

Onduo: Get support for type 2 diabetes from the comfort of your home! This program provides virtual access to a doctor, healthy tips, an easy-to-use blood glucose meter and more.

Stress & Anxiety Management

Unwinding Anxiety®: This step-by-step program can help you stress less each day. You'll learn what makes you feel the most anxious, break the cycle of worry and panic and learn how to reduce your anxiety overall.

How to get started:

1. Go to stateoftn.sharecare.com and register or log in to the Sharecare platform.
2. Click **Achieve** >
 - a. **Coaching** to access **Lifestyle Management** or **Chronic Condition Management Coaching** (Identified as **Disease Management Coaching**).
 - b. **Programs** to access **Eat Right Now**, **Onduo** (Identified as **Manage Diabetes**), or **Unwinding Anxiety**.
3. After you select a program, you will take a brief survey to determine if you can participate in it.



Have more questions?

Call 888-741-3390, Monday – Friday 8 a.m. – 8 p.m. CT or visit <https://sharecare.com/twellness/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 healthcare provider.