



Engagement Playbook

Local Education and Local Government Members

PARTNERS
FOR HEALTH

 **sharecare**

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 healthy programs, personalized tips, benefits and health 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.

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 live 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 live chat.

*Eat Right Now weight management program:

This program is available to members with a BMI greater than 29.9. It uses neuroscience and mindfulness techniques

to help members "rewire" their brain and change their eating habits for good. Members can access lessons, coaching and more to get support on their weight loss journey.

*Onduo intensive diabetes management program:

This program is available to members with an A1C greater than 8%. It helps members stay on top of their glucose levels and support their current treatment plan, all from the comfort of home. Through Onduo, 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. We offer nutrition, steps, green days and stress challenges in 2024.

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](https://stateoftn.sharecare.com)

Microsite with program details: [Sharecare.com/twellness](https://sharecare.com/twellness)

Wellness Program 2024 Giveaways



In addition to the available programs, members can also complete activities in order to earn fun prizes. All eligible members can complete these activities to earn giveaways.

Giveaway	Timeframe	Number of Winners/Prize(s)
“Pick your Prize” RealAge Test Giveaway	Jan. 1, 2024 – Jan. 31, 2024	The first 250 members who register and complete their RealAge Test will be able to choose from the following items: <ul style="list-style-type: none"> • Laptop backpack • Power bank • Camping mug • Pickleball set
Guided Programs Giveaway	Feb. 1, 2024 – Nov. 30, 2024	The first 50 members who enroll and complete Eat Right Now or Onduo will receive a duffel bag
March Healthy Plate Challenge	Mar. 1, 2024 – Mar. 31, 2024	Complete the challenge goal by tracking your meals for at least 21 days. The first 100 members to complete the goal will receive a Bento box.
Coaching Giveaway	Apr. 1, 2024 – Nov. 30, 2024	The first 20 members who complete a coaching session each month will be able to choose from the following items: <ul style="list-style-type: none"> • Duffel bag • Power bank • Water bottle • Bento box
May Level Up Steps Challenge	May 1, 2024 – May 31, 2024	Complete the challenge goal by tracking your steps for at least 21 days. The first 100 members to complete the goal will receive wireless headphones.
July Jump Start Your Heart Green Day Challenge	July 1, 2024 – July 31, 2024	Complete the challenge goal by tracking your green days for at least 15 days. The first 100 members to complete the goal will receive a water bottle.
October Live Mindfully Stress Challenge	Oct. 1, 2024 – Oct. 31, 2024	Complete the challenge goal by tracking your stress for at least 21 days. The first 100 members to complete the goal will receive a yoga block and resistance bands.

Wellness Program

Engagement Toolkits

Engagement materials for all Sharecare program offerings are located at [Sharecare.com/twellness](https://sharecare.com/twellness) > **Engagement Materials**. All materials can be downloaded as PDFs and emailed or printed to be shared. Note: Challenge materials will be posted one month before the challenge takes place.

