



The support you need on your weight loss journey

Update your eating habits to make lasting weight loss possible. Eat Right Now is a weight loss program that combines neuroscience and mindfulness. It helps change your relationship to eating and make lifestyle changes that last.

Benefits



Short daily video lessons



Free scale & activity tracker that connect with the program



Text-based coaching with qualified health experts



Weekly expert calls that address habit change plus any questions you may have



24/7 peer support within a friendly community moderated by experts

Who can participate?

All employees, spouses, adult dependents and retirees who are enrolled in medical insurance with Partners for Health with a body mass index of 27 or higher are eligible to participate.

How to get started

Access Eat Right Now at stateoftn.sharecare.com. Select **Achieve**, then **Programs**, and then select **Eat Right Now**. You will be asked to take a brief survey to determine if you qualify.

Have questions?

Call 888-741-3390, Monday - Friday 8 a.m. - 8 p.m. CT or visit sharecare.com/tnwellness/eat-right-now



To access health coaching or guided programs, 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).

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