

# Start on your path to better health



Together with Sharecare, Partners for Health has created a new 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.

## Take the first steps now

1. Visit [stateoftn.sharecare.com](https://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. Pursue your best life and earn green days using tools and resources from Sharecare.
5. Check out the reverse page for challenges and giveaway details.

## More about Sharecare's tools and resources

As a member of the Sharecare community, you get access to personalized tools and resources that help you understand your daily habits and live a healthier life – whether you have a long way to go or you want to reach the next level.



### Take the RealAge Test.

The RealAge Test within Sharecare will reveal your body's true age based on your eating, exercise and sleep habits, behaviors and existing conditions.



### Get a biometric screening.

Uncover hidden health risks to prevent disease with a biometric screening. Visit [sharecare.com/tnwellness](https://sharecare.com/tnwellness) and select **Sharecare Profile > Biometric Screenings** to see what screening options are available this year.



### Partner with a coach or access guided programs.

Meet your health goals this year with accountability and personalized support! Visit [sharecare.com/tnwellness](https://sharecare.com/tnwellness) and select **Sharecare Profile > Health Coaching and Guided Programs** to see how you can get started.

# 2024 Giveaways

Boost your health and win fun prizes throughout the year!

Timeframe	Giveaway	Activity
1/1/24 – 1/31/24	Pick Your Prize RealAge Test Giveaway	The first 250 members who register for a Sharecare account and take the RealAge Test will win one of the following: laptop backpack, power bank, camping mug, pickleball set
2/1/24 – 11/30/24	Guided Programs Giveaway	The first 50 eligible members to complete the Eat Right Now® or the Onduo Intensive Diabetes Management Program will earn a duffle bag.*
3/1/24 - 3/31/24	March Healthy Plate Challenge	Complete the challenge goal by tracking your meals for at least 21 days. The first 100 members to complete the goal will win a Bento box.
4/1/24 - 11/30/24	Coaching Giveaway	From April to November, the first 20 members who complete one health coaching interaction** each month will win one of the following: duffle bag, power bank, bento box, water bottle.*
5/1/24 - 5/31/24	May Level Up Steps Challenge	Complete the challenge goal by tracking your steps for at least 21 days. The first 100 members to complete the goal will win wireless headphones.
7/1/24 - 7/31/24	July Jump Start Your Heart Green Day Challenge	Complete the challenge goal by tracking your green days for at least 15 days. The first 100 members to complete the goal will win a water bottle.
10/1/24 - 10/31/24	October Live Mindfully Stress Challenge	Complete the challenge goal by tracking your stress for at least 21 days. The first 100 members to complete the goal will win a yoga block and resistance bands.



**Questions?** Contact Sharecare at **888-741-3390, Monday - Friday 8 a.m. to 8 p.m. CT** or visit **[sharecare.com/tnwellness](https://sharecare.com/tnwellness)** for more information.

\*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).

\*\*A coaching interaction is considered a coaching call or live chat session.

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.