

# Lifestyle Management Coaching

Unlock your true potential

All employees, spouses, adult dependents and retirees who are enrolled in medical insurance with Partners for Health can participate.

A lifestyle management coach is the perfect partner to help you reach your health goals, no matter where you are on your well-being journey. Get personalized support from qualified experts to help you:



**Manage stress**



**Eat healthier**



**Focus on fitness**



**Quit tobacco**



**And more**

I need help with weight management.

I can help with that!

I would like information on how to manage stress.

I can help with that!



## Get started today!

Coaching is available at no cost to you as part of your Partners for Health wellness program. Call **888-741-3390** and selection **option 2** to enroll in coaching. Our coaches are available **Monday - Friday 8 a.m. - 8 p.m. and Saturdays 8 a.m. - 4:30 p.m. CT.** Or to enroll online, visit [stateoftn.sharecare.com](http://stateoftn.sharecare.com) and select **Achieve, Coaching** and **Lifestyle Management Coaching**.



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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