



Engagement Playbook

State and Higher Education Members

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 habits and health risks to calculate the "true age" of their body. Members will also get tips to lower their health risks over time!

Incentive program:

Members must complete the RealAge Test to unlock their wellness incentives. After this is completed, active state and higher education employees and spouses who are enrolled in medical insurance with Partners for Health can participate in specific wellness activities to earn up to \$250 each (\$500 per household). Details on how to earn incentives can be found on sharecare.com/tnwellness/earn-incentives.

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 their 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/tnwellness](https://sharecare.com/tnwellness)

Wellness Program

2024 Incentive Table

Active state and higher education employees and spouses, who are enrolled in medical insurance with Partners for Health, are eligible to earn up to \$250 each (\$500 per household) by completing activities in the wellness program. The funds will be provided to your employer, who will deposit them into the Head of Contract's paycheck (usually the end-of-month check). State employees who choose to have these funds deposited into their health savings account can track payment through the [Optum Financial website](#).

Note: The incentive is taxable and subject to withholding, garnishment and reporting, which will impact the actual amount in your paycheck.

Activities

Unlock your incentives by taking your RealAge® Test from Jan. 1, 2024 through Dec. 31, 2024. You'll learn your body's true age and can earn incentives through other eligible activities!

Activity Name	Incentive	Activity Dates
Take the RealAge Test	Unlock your incentives (required)	1/1/24 – 12/31/24
Complete a Biometric Screening	\$50	1/1/24 – 11/30/24
Biometric Screening Blood Pressure <130/85 mmHG <ul style="list-style-type: none"> Blood Pressure - Systolic < 130 mmHG Blood Pressure - Diastolic < 85 mmHG 	Meet both target ranges to earn \$25	1/1/24 – 11/30/24
Biometric Screening Lab Values <ul style="list-style-type: none"> Triglycerides < 150 mg/dl HDL Cholesterol Women >= 50 mg/dl HDL Cholesterol Men >= 40 mg/dl Blood Glucose < 100 mg/dl Body Mass Index < 30 kg/m2 	Meet 3 of 4 in target range to earn \$125	1/1/24 – 11/30/24
Preventive Exams <ul style="list-style-type: none"> Complete an Annual Physical or Well Woman Exam 	\$25	1/1/24 – 11/30/24 (lookback to 12/1/23)
Preventive Exams <ul style="list-style-type: none"> Breast Cancer Screening for Females ages 40 – 75 Colon Cancer Screening for ages 45 – 75 Cervical Cancer Screening for Females ages 21 – 65 Lung Cancer Screening Adults ages 50 – 80 (with 20 pack-year history of smoking) 	\$25 per screening	1/1/24 – 11/30/24 (lookback to 12/1/23)
Sharecare Programs (earn up to \$250 maximum) <ul style="list-style-type: none"> Eat Right Now Module Completion: Complete 11 weeks of modules – earn \$10 per week of completed modules up to \$110 Eat Right Now Weight Loss: Lose 5% of your total body weight to earn \$140 Lifestyle Coaching/Chronic Condition Management Coaching: Participate in one coaching session per month for up to 10 months, earn \$25 per coaching session (up to the maximum of \$250) Intensive Diabetes Management Program: Complete the enrollment activity in the Onduo program to earn \$25 Intensive Diabetes Management Program: Log activity in one Onduo tracker at least one time per month for 9 months: Earn \$25 per month up to \$225 	Up to \$250 based on program participation	1/1/24 – 12/31/24
Quarterly Wellness Challenges <ul style="list-style-type: none"> March 1 – March 31: Healthy Plate Nutrition Challenge May 1 – May 31: Level Up Steps Challenge July 1 – July 31: Jump Start Your Heart Green Day Challenge Oct. 1 – Oct. 31: Live Mindfully Stress Challenge 	\$10 per wellness challenge (up to \$40)	3/1/24 – 10/31/24
Case Management: BCBSTN/CIGNA	\$150	1/1/24 – 12/31/24
Take Charge at Work: Optum Health	\$150	1/1/24 – 12/31/24

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).

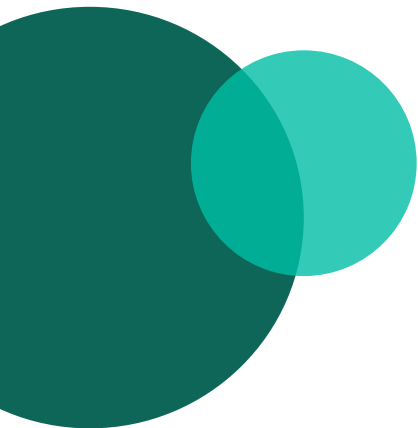
Questions about the incentive earning opportunities? See our [FAQs](#)

Wellness Program 2024 Giveaways



In addition to the incentives program, members can also complete activities to earn fun prizes. All eligible members can complete these activities to earn giveaways (including adult dependents and retirees).

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
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



Wellness Program

Engagement Toolkits

Engagement materials for all Sharecare program offerings are located at [Sharecare.com/tnwellness](https://sharecare.com/tnwellness) > **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.

