

# 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. Plus, you can earn incentives by completing healthy activities.

## 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 incentives.

## 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. Plus, the RealAge Test is required to unlock your incentives!



### Get a biometric screening.

Uncover hidden health risks to prevent disease with a biometric screening. Visit [sharecare.com/towellness](https://sharecare.com/towellness) 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/towellness](https://sharecare.com/towellness) and select **Sharecare Profile > Health Coaching and Guided Programs** to see how you can get started.



### Participate with your spouse!

Enrolled employees and spouses can each earn up to \$250 (\$500 per household) for prioritizing your health. Check out the reverse page for specific incentive earning activities.

## 2024 Incentive 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!

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

\*Preventive exam results will be accepted between Dec. 1, 2023 - Nov. 30, 2024.



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.*

**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).

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.