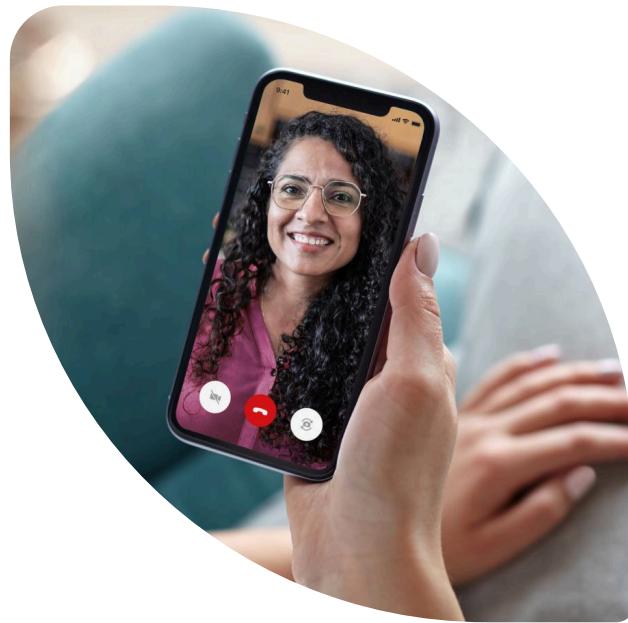




## Personalized support for better health

Vida Health is a virtual health program available at no cost to you. You will have a dedicated care team to coach you to better health. If you are living with diabetes, Vida's clinical experts and digital resources can help.



### What do you get with Vida?



- Weekly video calls with your care team
- Daily tips and clear steps for eating, exercise and more
- Access to coach support through in-app chat
- If eligible, get devices like a smart scale, blood pressure cuff or glucometer

### Getting started is easy



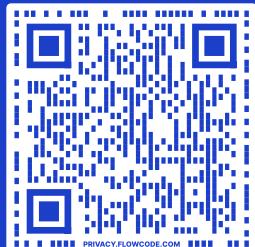
Sign up at:  
**stateoftn.sharecare.com**  
Access 'Achieve', select 'Programs' and then 'Vida Health'



Answer some questions about your health history, goals and preferences.



Download the app and schedule your first session to get started!



To learn more, scan the QR code or visit **sharecare.com/tnwellness/vida-health**

Have questions? Call us at **888-741-3390**, Monday-Friday, 8 a.m. to 8 p.m. CT

Vida Health is available to all employees, spouses, adult dependents and retirees who are enrolled in medical insurance with Partners for Health through the state of Tennessee. If you are living with Type 2 diabetes, you may be eligible to participate in the Vida program.

**PARTNERS  
FOR HEALTH**