

# Healthy Plate Challenge

Focus on your nutrition and earn \$10!



This month, challenge yourself to eat well-balanced meals every day. A well-balanced nutrition plan includes fruits, vegetables, healthy fats, whole grains and plant or lean animal protein.

## The goal

Update your nutrition tracker for at least 21 days from March 1, 2024 – March 31, 2024 to meet the challenge goal.

## How the challenge works

1. Log in to your Sharecare account or register at [stateoftn.sharecare.com](https://stateoftn.sharecare.com).
2. Find **Challenges** under the **Achieve** icon.
3. Look for the **Healthy Plate Nutrition Challenge** and click **Join**.
4. Track your diet at least 21 days from March 1 to March 31.

## How do I track for this challenge?

Each day, log into [stateoftn.sharecare.com](https://stateoftn.sharecare.com) and select **Track**, then **Diet**. Aim to stay in the green by eating well-balanced meals.

There are two ways to update the tracker:

1. **Manual logging:** Select from the available options. Then enter your **Meal Quality** information about your meal choices that day.
2. **Photo logging** (available in the Sharecare app only): Take or upload photos of your meals and snacks throughout the day. You'll receive ratings on the foods you're eating.

## Earn incentives

Once you meet the challenge goal, you'll **earn \$10** toward your incentive program.



Have more questions? Call **888-741-3390**, Monday - Friday 8 a.m. - 8 p.m. CT or visit [Sharecare.com/tnwellness/quarterly-challenges/](https://Sharecare.com/tnwellness/quarterly-challenges/) to learn more.

Incentives are available for active state and higher education employees and spouses who are enrolled in medical insurance with Partners for Health. For information on filing an appeal regarding your 2024 incentive credits, visit [Sharecare.com/tnwellness/appeals](https://Sharecare.com/tnwellness/appeals).

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