

# Start your wellness program and earn cash incentives.

It only takes a few minutes to get on the path to better health.

**PARTNERS  
FOR HEALTH**

 **ActiveHealth**  
MANAGEMENT.





Your wellness program also includes personalized coaching support just for you.

**Call 888-741-3390 today to connect with a coach.**

**For long-term health conditions**

Do you have asthma, diabetes, coronary artery disease, congestive heart failure or chronic obstructive pulmonary disease (COPD)? You can talk one-on-one with a nurse about your condition. And if you have one of these conditions, ActiveHealth may contact you to explain this program to you. The wellness program doesn't replace your doctor or provide medical care. It's just a little extra help from a nurse on ways to better manage your condition.

**For help making healthy choices every day**

Ready to do something good for yourself? It's easier than ever when you work with a coach. You set the tone and pace. You also choose how and when to interact with us. We can work with you on back and neck pain, stress management, exercise and activity, healthy eating habits and more.

**For weight management**

Are you struggling with your weight? We can help. With our weight management program, you'll receive assistance to help you take control of your fitness and nutrition for long-term results. After you attend two classes, you'll even receive a scale and fitness tracker to help you reach your goals.

**For help quitting tobacco**

Ready to put out that last cigarette and say goodbye to tobacco? We can help you do it. Our programs and online tools can help you break the habit and live the healthy life you deserve.

**Get started today at**  
**[myactivehealth.com/wellnesstn](https://myactivehealth.com/wellnesstn)**

You can also use our app. Search for "ActiveHealth" in your app store.



**YOU'LL FIND**



Steps to start earning cash incentives



Personalized health tips



Coaching support



Trackers to show your progress toward your goals



And more



## Get started on your path to better health... and earn cash incentives while you do it.

Don't miss new quarterly challenges and incentive activities for 2020.

Log in after January 1. Click on "Click to View Incentives" in the upper right corner to see activities.

### Three easy steps to earn up to \$500

You and your enrolled spouse can each earn up to \$250 in cash. That could be up to \$500 total deposited in the employee's paycheck. First you must complete your online health assessment. Then you'll select other activities to do. And you'll start earning your cash incentives.

#### Earn your cash incentives in three easy steps:

##### Step 1

Log in to **[www.myactivehealth.com/wellnesstn](http://www.myactivehealth.com/wellnesstn)**. You may need to create your account. Then complete your online health assessment.

##### Step 2

Complete your choice of activities to start earning incentives. Activities are tracked online at **[www.myactivehealth.com/wellnesstn](http://www.myactivehealth.com/wellnesstn)**.

##### Step 3

Check your paystub to see your incentives add up. Up to \$250 for you. And up to \$250 for your enrolled spouse. The incentive is taxable and subject to withholding and reporting. This will impact the actual amount in your paycheck.

**Remember:** You must complete your online health assessment before you start earning your cash incentives.





# Biometric Screenings: Know your numbers

## Get a snapshot of your overall health

Ready for a biometric screening? It's when you get measured for things like your cholesterol levels and blood sugar, and your height and weight. Together, these numbers can tell you a lot about your health. And the numbers may show your risk for certain health conditions later. Even better, they can motivate you to build better habits, so you can live your best life.

Biometric screenings will be held at selected work locations, or download the screening form and take it to your physician during your annual physical. Find out more at [www.myactivehealth.com/wellnesstn](http://www.myactivehealth.com/wellnesstn).



### Questions?

Support is just a click or phone call away.

Find more information at [www.myactivehealth.com/wellnesstn](http://www.myactivehealth.com/wellnesstn).

Or call us: **888-741-3390**, Monday – Friday 8:00 a.m. to 8:00 p.m. CT

Benefits Administration does not support any practice that excludes participation in programs or denies the benefits of such programs on the basis of race, color, national origin, sex, age or disability in its health programs and activities. If you have a complaint regarding discrimination, please call 1.866.576.0029.

If you speak a language other than English, help in your language is available for free. This tells you how to get help in a language other than English.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-576-0029 (TTY: 1-800-848-0298).

كل رفاوتت عىوغلل قدعاسم الم تامدخ نإف، غللال ركذا تدحتت تنك انا: عظوح لم -576-0029- مقرر 866  
م: كبل او مصل الف تاه -800-848-0298- 1. مقرر لصتا. ن. ا. ج. ل. ا. ب.

### Notice Regarding Wellness Program

The ParTNers for Health Wellness Program is a voluntary wellness program available to all state and higher education employees and spouses enrolled in health coverage. Local education, local government and retirees enrolled in health coverage have access to certain programs like disease management and the web portal. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008 and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program, you will be asked to complete a voluntary health questionnaire (assessment) that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes or heart disease). You are not required to complete the assessment or other medical examinations.

Although you are not required to complete the health questionnaire, only active state and higher education employees and spouses who do so are eligible to receive cash incentives.

If you are unable to participate in any of the health-related activities required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting the ParTNers for Health Wellness Program at 888.741.3390.

The information from your health questionnaire and the results from your biometric screening (active state and higher education employees and spouses only) will be used to provide you with information to help you understand your current health and potential risks. It may also be used to offer you services through the wellness program such as weight management, Diabetes Prevention Program and other programs. You also are encouraged to share your results or concerns with your own doctor.

### Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information (PHI). Although the wellness program and the State of Tennessee may use aggregate information it collects to design a program based on identified health risks in the workplace, the ParTNers for Health Wellness Program will never disclose any of your personal information either publicly or to your employer, except as necessary to respond to a request from you for a reasonable accommodation needed for you to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and will never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. The only individual(s) who will receive your personally identifiable health information are the wellness vendor (nutritionists, nurses, nurse practitioners, registered dietitians, health coaches and other healthcare professionals) and their vendor partners (case managers with the medical and behavioral health vendors, weight management vendor and the biometric screening vendor) in order to provide you with services under the wellness program.

In addition, all medical information obtained through the wellness program will be maintained separate from your personnel records, information stored electronically will be encrypted and no information you provide as part of the wellness program will be used in making any employment decisions. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, you will be notified promptly.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact ParTNers for Health at [partners.wellness@tn.gov](mailto:partners.wellness@tn.gov).

The information provided by the ActiveHealth Management health and wellness programs is general in nature. Our programs, care team and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers. If you have specific healthcare needs or would like more complete health information, please see your doctor or other healthcare provider.

This material is for informational purposes only and is neither an offer of coverage nor medical advice. It contains only a partial, general description of programs and services and does not constitute a contract. Information is believed to be accurate as of the production date; however, it is subject to change. For information about your Partners for Health plan, refer to <https://www.tn.gov/partnersforhealth.html>.

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