



Welcome to your new wellness program

It's now easier than ever to lose weight, feel better and get healthier

**PARTNERS
FOR HEALTH**

 **ActiveHealth**
MANAGEMENT


Starting on January 1, our new partner, ActiveHealth Management, will help you achieve your health goals through special programs and resources.

**PARTNERS
FOR HEALTH**


**ActiveHealth
MANAGEMENT**




Activate your wellness program and get:


 **Cash incentives** – up to \$250 per member for you and your spouse (active state and higher education members only)

 **A complete assessment** of your health

 **Coaching support**, online, group or on the phone

 **Weight management support** – a brand new program (active state and higher education members only)

 **Personal health tips**

 **A hub** for your fitness devices

There's no cost to you. You can get started on January 1. To learn more, visit go.activehealth.com/wellnesstn.

Access personalized tools just for you

Two great options give you access when and how you need it. Both are available starting on January 1.

1. Your personal online health portal

Log on to www.myactivehealth.com/wellnesstn for fun and easy ways to manage your health.

- Take a health assessment and get a whole picture of your health.
- Set health goals based on what you want to achieve.
- Use digital resources for fun, new ways to improve your health.
- Access your health information, like prescriptions and health numbers.
- Sync your fitness devices and track your progress.
- Get email reminders for doctor visits.



You can use the online health portal or the app (or both). You'll have complete access to your wellness program, including health tips and trackers, coaching support and more.

2. ActiveHealth mobile app

You can also use the ActiveHealth app. It's your on-the-go tool for reaching your best health, with tips, quizzes, trackers and more.



Download the app by searching for "ActiveHealth" in your app store.

Register for your personal program starting January 1. Get started at myactivehealth.com/wellnesstn.





Get the help you need to achieve your best health

Active state and higher education members and spouses only: Your new Lifestyle, Disease Management and Weight Management programs include opportunities to help you improve your health. You can also earn cash incentives by using these programs.

Local education, local government and all retiree members and spouses: Your new Disease Management program includes opportunities to manage and improve your health.

Get support for long-term health conditions

For the chronic conditions of asthma, diabetes, coronary artery disease, congestive heart failure and chronic obstructive pulmonary disease (COPD), get one-on-one support on your schedule. The wellness program doesn't replace your doctor or provide medical care. It's just a little extra help from a nurse coach.

Quit tobacco today

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.

Live well with personalized support

Ready to do something good for yourself? It's easier than ever with your new wellness program. 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, high blood pressure, high cholesterol and more.

Manage your weight

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. You'll even receive a scale and fitness tracker to help you reach your goals. (For eligible active state and higher education members only.)

To learn more about these programs, visit myactivehealth.com/wellnesstn. Once you're logged in, click on "Actions" along the top. Then click on "Program Info." Or call us at **888-741-3390**.

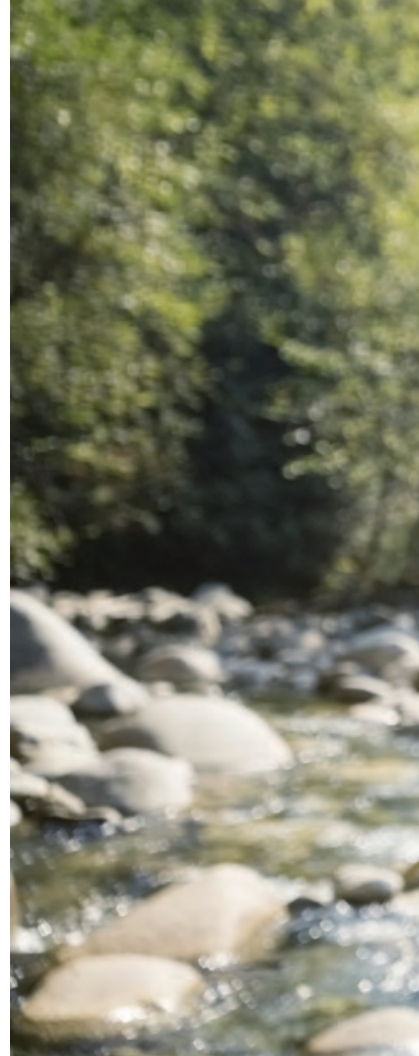
Active state and higher education employees and spouses: Earn incentives – it's easy

Three easy steps to earn up to \$250 each

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. Just complete your Health Assessment (HA) to get started. And then select from other activities that you each choose.

Earn your incentives in three easy steps:

- Step 1** Log in to www.myactivehealth.com/wellnesstn. Then complete your online HA (starting January 1).
- Step 2** Complete your choice of activities to start earning incentives. Activities are tracked online at 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.



Get started January 1 to earn your full incentive. Your first step is to do your online health assessment.

