

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



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)



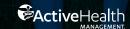
Personal **health tips**



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.

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, guizzes, trackers and more.



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



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.





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.







Support when and where you need it.

In January, you'll start getting emails about coaching support that's available to you. It won't cost you anything. And, it can help you set and reach your health goals in a way that works for you.

Questions?

Support is just a click or phone call away.

More information is available at **go.activehealth. com/wellnesstn**. Or call us: **888-741-3390**, Monday – Friday 8:00 a.m. to 8:00 p.m. CST

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

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

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-576-0029

، قَعْلِلاً ركذا شُدحتت تَنْكَ أَنْإِ :قَطْوحِلم -976-0029- مِوْر) 866 لصتا , زاجملاب كال رفاوت قىوغللاً قدعاسمالاً تامدخ زاف 1 :مكابلاً و مصالاً فاتاه -8298-888-800)، 1 مؤرب

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 ules permitting employer-sponsored wellness programs that week 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.

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

you are unable to participate in any of the health-related tivities 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 healt 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

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, transis or otherwise disclosed except to the extent permitted by I carry out specific activities related to the wellness program you will not be asked or required to waive the confidential 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 y services as part of the wellness program will abide by the confidentiality requirements. The only individual(s) who w receive your personally identifiable health information are the wellness vendor (nutritionists, nurses, nurse practitione registered dietitians, health coaches and other healthcare professionals) and their vendor partners (case managers w

medical and behavioral health vendors, weight management vendor and the biometric screening vendor) in order to provide vou with services under the wellness program.

In addition, air medical minormation 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 immediately.

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.

f 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.

The information provided by the ActiveHealth Management health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific healthcare needs or would like more complete health information, please see your doctor or other healthcare provider.

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. Benefits plans contain exclusions and limitations, and not all services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage.

ActiveHealth, the ActiveHealth Management logo, and MyActiveHealth are trademarks of ActiveHealth Management, Inc. Just for you: Put on your refrigerator to keep your goals front and center.

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TOP THREE RESOLUTIONS
 Register for your personal program starting January 1. Get started at go.activehealth.com/wellnesstn or call us at 888-741-3390.
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