



Wellness Program for State and Higher Education Employees and Spouses

Now is a great time to get healthier –
and **earn up to \$250**

**PARTNERS
FOR HEALTH**

ActiveHealth
MANAGEMENT

Active employees and enrolled spouses: **Earn up to \$250 each** with your wellness incentives – deposited in your paycheck.

Get started in 3 easy steps

Step 1: Activate your wellness program – on the web or with our app.



On the web: Go to www.myactivehealth.com/wellnesstn and click on the link “Create an Account.”

With our app: Search for “ActiveHealth” in your app store. Then download the ActiveHealth app on your smartphone or tablet. When you open the app, click on the “Register” button.

Step 2: After logging in to the website or the app, complete the Health Assessment. This will take about 5 minutes to do.

Step 3: Now complete your choice of activities to start earning your cash incentives. Log in and click on the rewards section on the homepage. You’ll see the activities to earn your cash incentives. And your progress is tracked by ActiveHealth in your online account.

Your wellness program includes:

A personalized weight management program • Coaching support – online or on the phone
Support for long-term health conditions such as asthma, diabetes, COPD, and other conditions
Help with quitting tobacco • And more

Get started with the **ActiveHealth app** or
online at **myactivehealth.com/wellnesstn**

Questions? We’re here to help. 888-741-3390, Monday – Friday 8:00 a.m. to 8:00 p.m. CST

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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