



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

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. See the back of this page for details on the activities to earn your cash incentives. Your progress is tracked by ActiveHealth in your online account.

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

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. 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.
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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2019 WELLNESS PROGRAM

INCENTIVE TABLE

STATE & HIGHER EDUCATION ACTIVE MEMBERS ONLY

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You must complete a health assessment by Nov. 30 to be eligible for cash incentives. Go to [MyActiveHealth](#), log in and then click on Health Assessment in the Welcome Message.

Eligible members and spouses can earn up to \$250 each or \$500 per household.

Program/Activity	What you earn	How you qualify and/or enroll <small>Click on the links below, when available, to enroll or find out more.</small>	Deadline to enroll or participate in the program/activity
Biometric screening	\$50	To get started, go to MyActiveHealth , log in and go to Rewards to view your activity cards <small>You can go to an onsite screening or submit the Quest physician screening form.</small>	Complete and fax results to Quest by Nov. 30, 2019
Weight management program <small>Change—effective April 15, 2019</small>	Attend 1 class = \$50 Attend 2 classes = wearable fitness device and Bluetooth Scale Attend 8 classes = additional \$150	Go to MyActiveHealth , log in and go to Rewards. If eligible, a Weight Management Card will appear. <small>To be eligible to enroll, your BMI ≥ 30.</small>	Enroll by Oct. 28, 2019
Digital Coaching (online activities) earn hearts by completing Health Education and/or Health Goals	Complete online activities and earn hearts. Digital coaching: Earn 750 hearts = \$50 Earn 6000 hearts = \$150	To complete the online activities, log in to your account and go to Rewards to view your activity cards. <small>Everyone can do online activities.</small>	Start before Nov. 1 to have time to earn full incentive <small>Last day to complete activities is Dec. 31, 2019.</small>
Online group coaching for lifestyle or disease management (DM)	Attend 1 class = \$50 Attend 3 classes = additional \$150	To enroll in Lifestyle or Disease Management Group Coaching, call ActiveHealth to enroll at 888-741-3390. <small>Must qualify for DM. Everyone can do lifestyle coaching.</small>	Register by Dec. 5 and attend first class by Dec. 18, 2019 to earn first \$50. Complete three classes by Dec. 31, 2019 to earn an additional \$150.
Telephonic coaching: Lifestyle coach or disease management (DM) nurse	First Call = \$50 Third Call = \$150 <small>Note: Calls must be at least three weeks apart.</small>	Call 888-741-3390 to schedule your call with your coach or nurse today. <small>Must qualify for DM. Everyone can do lifestyle coaching.</small>	Start series of 3 calls by Nov. 18, 2019 to allow for 3 weeks between calls. Final deadline is Dec. 31, 2019.
Quarterly wellness challenges	\$25 per completed challenge – earn up to \$100	To enroll in a quarterly challenge, log in to your MyActiveHealth account and go to Rewards to view your activity cards. <small>Everyone can do a challenge.</small>	<ul style="list-style-type: none"> •Challenge 1: Ready, Set Move! Jan. 7-Feb. 17 •Challenge 2: Sleep Tracking April 1-May 12 •Challenge 3: Ready, Set, Move! July 1-Aug. 11 •Challenge 4: Sleep Tracking Oct. 1-Nov. 11
Preventative exams	Complete one of the exams (screenings) to earn \$50	Claims will be used to confirm completion. <small>Sex and age limits apply.</small>	Complete by Nov. 30, 2019
Case management	Participation = \$150	Member will be contacted by BlueCross BlueShield (BCBST) or Cigna to enroll.	Complete by Dec. 31, 2019
Take Charge at Work (TCAW)	Complete TCAW engagement activity = \$150	Go to the Here4TN website to see if you're eligible for the program.	Deadline to participate is Dec. 31, 2019
Healthy biometric screening values	\$150 for meeting healthy range either through a Quest onsite screening or Quest Physician Screening Form.	You must have 3 out of 5 values in the healthy range to qualify for the healthy range incentive. <small>Will be verified by ActiveHealth via onsite screening results or physician screening form.</small>	Complete and fax results to Quest by Nov. 30, 2019