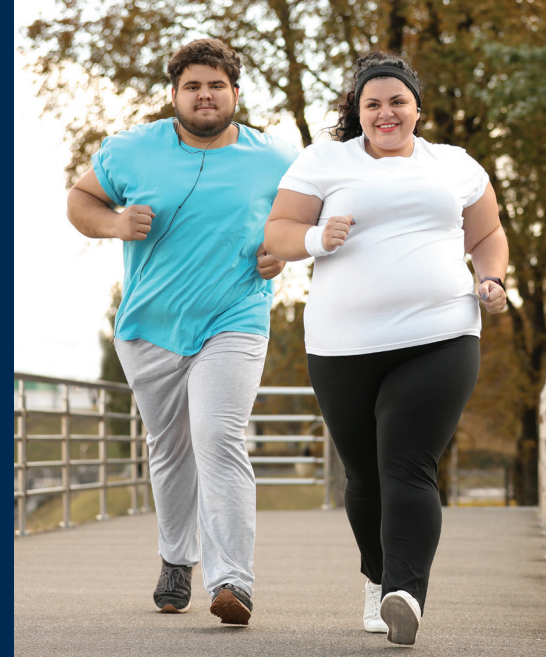


Join people like you across Tennessee on a journey to better health

with your ParTNers for Health weight management program.



There is no cost to you. You'll even earn cash incentives.

In the weight management program, you will:

- Learn to take control of your fitness and nutrition for long-term results
- Receive a wireless scale and fitness tracker to help you watch your progress
- Have a full year of support from your health coach and other participants
- Get access to online support and more

Are you ready?

State and higher education employees can participate. If you have a body mass index of 30 or higher, you can do this program. That's based on your height and weight. Call to see if you qualify or if you have any questions.

Call today: 888-741-3390
(Monday – Friday 8 AM to 8 PM CT)

“ I am feeling better than I have in years and my energy is good. I kept my very active two-year-old grandson for a weekend and didn't lose steam once!

– Laura

“ I am raising my children, and I take care of my mom and grandmother. They have followed my lead with eating healthier, making healthier dietary choices and being more physically active.

– Janelle

“ My A1C is the best it's ever been.

– Charles

“ This is a fabulous program. I love being in this group class. I've lost weight and feel better. I really like the motivation.

– Elizabeth

Services are provided by ActiveHealth Management, Inc. 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. Does not guarantee similar results. Results may vary depending on an individual's use of the program. Some names have been changed.