

Your Wellness Options

Working for a Healthier Tennessee

This workplace wellness initiative encourages and enables state employees to lead healthier lives by providing wellness tools and support to state agencies.

Each agency has a **Wellness Council**. This is a team of employees who organize activities that promote good health for their co-workers.

We provide activities, challenges, handouts, healthy recipes, success stories, team building exercises, webinars and more that focus on the following areas:

- Well-being
- Physical Activity
- Healthy Eating
- Tobacco Cessation

Website: tn.gov/wfhtn



Here4TN Emotional Wellbeing Solutions

Here4TN, administered by Optum, helps state employees and their families get the most out of life. They can help with small questions, big problems and everything in-between, such as:

- Managing stress
- Improving relationships at home or work
- Addressing legal and financial concerns
- Getting the most out of your career
- Finding child development, childcare or eldercare resources
- Getting past emotional issues or grief
- Addressing depression, anxiety or substance use issues

This service is confidential, and specialists are available 24/7 for all state employees.

Website: www.here4tn.com



Partners for Health Wellness Program

This wellness program, provided by Sharecare, is available to employees enrolled in medical insurance through Partners for Health and includes:

- A health assessment and onsite biometric screenings
- Coaching support (one-on-one personal coaching by phone, group coaching and online)
- Support for chronic conditions such as asthma, diabetes, COPD and other conditions
- Help with quitting tobacco and weight management
- Cash incentives for completing certain activities

Website: <https://www.sharecare.com/tnwellness>

