

A weekly resource  
for your well-being

**PARTNERS**  
FOR HEALTH

**WORKING**  
FOR A  
**HEALTHIER** TN

# A TIP FOR TENNESSEANS

November 1, 2016

## Tell diabetes to take a hike.

Imagine a world without diabetes. There is a lot each of us can do to help stop diabetes in its tracks. One way is to join the American Diabetes Association **2016 Step Out® Walk to Stop Diabetes®** in Nashville, TN, on November 5. Get details, including sign up dates, event start time and more.

Not in the Nashville area? No worries! See how you can support diabetes prevention by **participating in events near you.**

### Watch your inbox!

In the weeks ahead, look for more emails on [diabetes](#) and healthy lifestyle tips.



### CONCERNED ABOUT DIABETES?

Why not get extra support from a health coach who has helped others, like you, reach their health goals? [Watch a short video](#) on ways that health coaching could help you.



### QUICK LINKS

[Well-Being Account Sign In](#)  
[2016 Partnership Promise](#)  
[ParTNers for Health Website](#)



### 24/7 NURSE ADVICE

**LINE:**

**1.888.741.3390**



[www.partnersforhealthtn.gov](http://www.partnersforhealthtn.gov) • [partnersforhealth@healthways.com](mailto:partnersforhealth@healthways.com) • 1.888.741.3390

  
HEALTHWAYS

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FOR HEALTH

You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



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