

If you have completed your WBA on or before March 2, you can disregard this email.



**Complete your Well-Being Assessment by March 15.**

**COMPLETE YOUR WELL-BEING ASSESSMENT TODAY**

**Start your journey with the ParTNeRS For Health Wellness Program.**

*Time's Running Out to Satisfy*

*Your Partnership Promise for 2017*

## **Tell Us About Yourself.**

We all have different reasons for improving our well-being. Maybe you're working on a personal health goal or looking for more energy for daily tasks. The WBA is a short health survey that can help you define and plan your goals for 2017. It's also a requirement for the Partnership Promise. Don't wait. Be sure you complete your WBA today.



**COMPLETE your Well-Being Assessment (WBA) by March 15, 2017.**

1. Sign in to your [Well-Being Account](#) to take the confidential Well-Being Assessment.
2. Answer questions honestly about your physical, social and emotional health.
3. Read the summary of your overall health and suggestions for improvement.

**TAKE YOUR WELL-BEING ASSESSMENT**

[Subscribe](#) to our email list



## ANSWER the call from your coach.

You may be called to enroll in **Disease or Case Management** coaching to help you decrease your health risks and reach your well-being goals. **If you are called, you must participate.** Calls are private and you schedule them at times that work for you. Lifestyle management coaching is voluntary in 2017 and you are not required to participate. If you have questions, call Healthways at 888-741-3390.

[LEARN MORE ABOUT COACHING](#)



## UPDATE your information (if it has changed).

If your home address, phone number or email address changes, you must update your contact information with your employer (Head of Contract) or Healthways (covered spouse).

[UPDATE YOUR CONTACT INFORMATION](#)

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



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