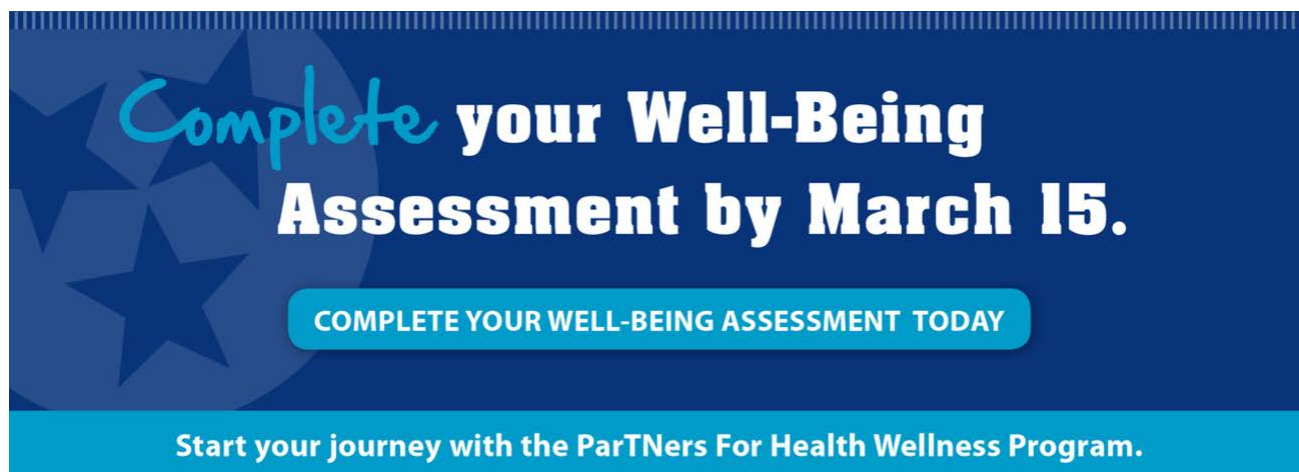


If you have completed your WBA on or before February 20, you can disregard this email.



Complete your Well-Being Assessment by March 15.

COMPLETE YOUR WELL-BEING ASSESSMENT TODAY

Start your journey with the ParTNers For Health Wellness Program.

Put Yourself First.

A small investment of time in your well-being goes a long way. The Well-Being Assessment (WBA) is a short health survey that pays you back by giving you a clear picture of your well-being, and a plan for reaching your health goals. It's also a required part of your Partnership Promise. You must complete the WBA by **March 15, 2017** in order to satisfy your agreement.



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



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**

[Subscribe](#) to our email list

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 • www.partnersforhealthtn.gov • 1.888.741.3390



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