

If you have completed your WBA on or before March 9, 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.

## Deadline is tomorrow - March 15.

Your health is personal. Whether you want to lose weight or just feel more energized, the Partnership Promise supports your well-being goals. But you're running out of time. Take your Well-Being Assessment (WBA) today. It's part of your Partnership Promise. You must complete the WBA by March 15, 2017.



**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

[Subscribe](#) to our email list

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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