

A Healthier Lifestyle Starts With a Program Designed to Fit You

Congratulations on choosing either the Partnership Promise PPO or the Promise HealthSavings CDHP and taking a more active role in your health! The Partnership Promise aims to help you stay healthy and to slow or stop the progression of disease if you are currently living with chronic illnesses.

New Employees and Newly Covered Employees or Spouses (after 1/1/17) enrolled in the Partnership Promise PPO or the Promise HealthSavings CDHP must complete the requirements of the Partnership Promise each year they are enrolled.

- The Partnership Promise PPO and the Promise HealthSavings CDHP options allows you to pay less for your coverage¹ by taking an active role in your health and fulfilling the Partnership Promise.
- The Partnership Promise is an annual commitment.
- The Partnership Promise requirements may change from one year to the next.

¹State/higher education employees enrolled in the Promise HealthSavings CDHP: If your coverage effective date is September 2 through the end of the year, you will not receive the state contribution towards your HSA.

New Member 2017 Partnership Promise Checklist²

New members and their covered spouses must only do TWO things:

- Complete the online Healthways Well-Being Assessment™ (WBA)
- Get a biometric health screening

Both requirements must be completed within 120 days of your insurance coverage effective date.

²If your insurance coverage effective date is between September 1, 2017 and December 31, 2017, you will not have to complete the 2017 Partnership Promise.

Online Well-Being Assessment

The online Well-Being Assessment (WBA) summarizes your overall health and offers steps you can take to improve. You'll learn more about your physical, emotional and social health and how your lifestyle habits affect your overall well-being. Visit www.partnersforhealthtn.gov and click on "My Wellness Login" at the top of the page to access the WBA. **The WBA must be completed within 120 days of your coverage effective date.** More information can be found on the ParTners for Health website under the 2017 Partnership Promise link. A chart showing the coverage effective date and the 120 days deadline is included on the website.

Biometric Health Screening

New employees and their covered spouses must get a biometric health screening. There are two ways.

- 1. You may participate in an onsite screening.** To see a complete list of locations and dates and to schedule your onsite screening, go to www.partnersforhealthtn.gov. In the Quick Links box, click on **Complete your Biometric Screening**.
- 2. You may go to your doctor with your Physician Screening Form.** Take your form to your next appointment for your doctor to fill out. Then you or your doctor's office must return the form to Onsite Health Diagnostics (OHD). Go to www.partnersforhealthtn.gov, go to the Quick Links box and select **Complete your Biometric Screening**. You may use biometrics up to one year prior to your coverage effective date.

Be sure to send your completed form within 120 days of your insurance coverage effective date.