

A Healthier Lifestyle Starts With a Program Designed to Fit You

Congratulations on choosing the Partnership PPO 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 1/1/15) enrolled in the Partnership PPO must complete the requirements of the Partnership Promise each year they are enrolled. If the requirements aren't met, you'll be transferred to the Standard PPO the following year.

- The Partnership PPO option allows you to pay less for your coverage 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.

New Member 2015 Partnership Promise Checklist*

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

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

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

*If your insurance coverage effective date is between September 1, 2015 and December 31, 2015, you will not have to complete the 2015 Partnership Promise.

Online Well-Being Assessment

The online Healthways 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 2015 Partnership Promise link. A chart showing the coverage effective date and the 120 days deadline is included.

Health Screening

New employees and their covered spouses must get a health screening from your health care provider.

- Visit the Quick Links box on the **ParTNers for Health website** to print a **Physician Screening Form**.
- Take the form with you when you visit your doctor. You and your doctor will need to complete and sign the form, and send it by fax or mail to the address on the form.

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