



**PARTNERS  
FOR HEALTH**<sup>SM</sup>

APS Healthcare  
P.O. Box 291684  
Nashville, Tennessee 37229

PRESORT  
FIRST CLASS  
U.S. POSTAGE  
PAID  
NASHVILLE, TN  
PERMIT NO. 1

# WHAT'S INSIDE:

- Program Overview
- Free 24/7 Nurse Advice Line
- Online Resources

## Optional Free Services:

- Personal Health Coaching
- Health Questionnaire
- Health Screenings

**IMPORTANT INFORMATION ABOUT YOUR BENEFITS**

GN2846-TN1  
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# WELCOME

TO THE

# PARTNERS FOR HEALTH<sup>SM</sup>

## WELLNESS PROGRAM

An optional benefit available through your health plan



# 1-888-741-3390



# [www.partnersforhealthtn.gov](http://www.partnersforhealthtn.gov)

## ParTNers for Health Wellness Program

The **ParTNers for Health Wellness Program** is **FREE** to all State Group Insurance Program members and eligible spouses and dependents. APS Healthcare administers the wellness program to all members. While this program is an optional benefit for Standard and Limited PPO members, **ParTNers for Health** gives you the tools, information and support you need to take charge of your health and feel your best.

Everybody — including you — can take steps to improve their health. Even small steps can add up to make a big difference!

### ParTNers for Health can help you:

- **Take the (back) pain** out of your work and play.
- **Improve heart health** if you have coronary artery disease or heart failure.
- **Breathe easier** if you have asthma or COPD.
- **Avoid the onset of diabetes** or better manage it if you have diabetes.
- **Reduce stress and deal with depression** because emotional health is important.
- **Quit Smoking**
- **Lose Weight**

...and more!



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**ParTNers for Health Wellness Program** is optional for Standard and Limited PPO members. You are eligible to take advantage of the program's benefits if you choose to. This includes working with a health coach.

## Working with a Health Coach

All **ParTNers for Health Wellness Program** health coaches live and work in Tennessee. They can help you reach your personal health goals, and will schedule calls when it's convenient for you. All calls are confidential. Your health coach will never leave any messages that contain specific information about your health.

### Your coach can help you:

- Understand your medications
- Understand any lab tests or your doctor's directions
- Set goals for healthier living
- Plan healthy meals and exercise habits
- Find a doctor, if you need one
- Quit Smoking

*Your level of participation is up to you. Your coach will only ask that you try, and will be there for you along the way.*

### Health Coaches can help you with:

- Diabetes
- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Artery Disease
- Congestive Heart Failure
- Low Back Pain
- Weight Loss
- Tobacco Cessation

### Lifestyle Management Programs

A healthier life means making healthy choices. Your health coach can work with you to take steps to reach your personal health goals to:

- Quit Smoking**
- Reduce Stress**
- Lose Weight**
- Eat Healthier**

...and more!

## 24/7 Nurse Advice Line — Help When You Need It

Questions about your health can come up at any time. The **ParTNers for Health Nurse Advice Line** gives you information and support, 24 hours a day, 7 days a week, at no cost to you.

Whether you have questions about a new diagnosis or you aren't sure about an urgent situation, the Nurse Advice Line is there when you need it.

### Day or Night, talk to a nurse about:

- I forgot to take my pill, should I take two?
- Should my child stay home from school?
- Vomiting, cramps or other pains
- Flu, fever and colds
- Scrapes, cuts and burns
- Understanding what a doctor told you
- The closest hospital or after-hours clinic

### Or if you need help to decide when to:

- Care for yourself at home
- Call a doctor
- Call 9-1-1 or go to the emergency room



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As a Standard or Limited PPO member, you are also eligible to take advantage of the health questionnaire and screening, though these are optional benefits for you.

### What is a Health Questionnaire?

The health questionnaire will ask questions like the ones your doctor's office might ask on a medical history form. It includes questions about smoking, how much you exercise, what you eat, any current health condition, allergies and stress. When you complete the questionnaire, you will receive your own personal wellness report which will tell you what you're doing well, and where you can make improvements. Don't worry, nobody's perfect. Everyone can take steps to improve their health.

You will find a link to the health questionnaire on the **ParTNers for Health** website. Visit **[www.partnersforhealthtn.gov](http://www.partnersforhealthtn.gov)** and click on the link that says "Questionnaire" to get started. If you don't have access to a computer, call us at **1-888-741-3390** and ask for assistance.

### What happens at a Health Screening?

A health screening is like a brief physical with your doctor. Your blood pressure, height and weight are recorded, and a blood test will measure your cholesterol, triglycerides and blood sugar.

Health screenings will be held in locations all around the state. Visit the **ParTNers for Health** website at **[www.partnersforhealthtn.gov](http://www.partnersforhealthtn.gov)** to schedule your screening at one of the many convenient locations.

### It's Completely Confidential

We take your privacy seriously. All programs and services are private and confidential. Your health information cannot be shared with the State or your employer without your permission. Also, your personal health information will not be shared with your spouse, without your authorization.

If you prefer to visit your doctor, that's an option, too. You can have your doctor send your information to APS Healthcare by downloading the form on the website for your doctor to fill out and send in. If you don't have access to a computer, call us at **1-888-741-3390** and ask for assistance.

## Online Wellness Tools — Available Any Time, Any Day

### ParTNers for Health Website

The **ParTNers for Health** website links you to powerful online tools and health information at your fingertips. Choose from a variety of online health improvement programs and keep track of your progress to reach your personal goals. Registration is easy. When you complete your health questionnaire, you will learn steps to take to live a healthier life.

Go to [www.partnersforhealthtn.gov](http://www.partnersforhealthtn.gov) to get started:

- **Schedule your health screening.** Visit the website to see the online schedule and find a time and location that works for you.
- **Complete your health questionnaire.** Taking this step provides you with health tips, at no cost, based on your individual health needs.
- **Download checklists to take to your doctor.** Make the most of your appointment with your doctor.

...and much more!

### Weekly Health Tips by E-mail

Don't forget to sign up to receive **FREE** weekly health tips by e-mail. Go to [www.partnersforhealthtn.gov](http://www.partnersforhealthtn.gov) and click the Weekly Health Tips link to sign up. A simple online registration process is all you need to get on the list. You will receive a short e-mail with each week's healthy living tip. *Remember, small steps can add up to make a big difference!*



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**PARTNERS  
FOR HEALTH.**

Wellness Program  
and Nurse Advice Line



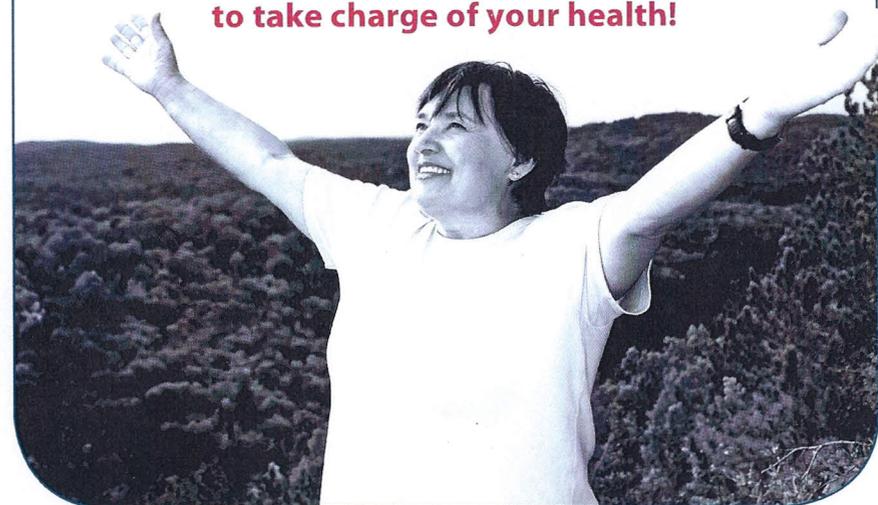
**1-888-741-3390**



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**ParTNers for Health Wellness Program** is here for you, even if you didn't enroll in the Partnership PPO! Contact a health coach with any questions, or visit the website at [www.partnersforhealthtn.gov](http://www.partnersforhealthtn.gov).

**Take the first step this year  
to take charge of your health!**



*Please remember that the ParTNers for Health Wellness Program does not provide medical treatment, but can help you understand your condition and help you reach your goals. You should always talk to your doctor with questions or concerns that you have about your health or any treatment.*