

Weakley County B.E.A.T

Bringing Employees Answers Today

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STOP EXCUSING. START LOSING.

Join the "Lose the Excuse" Weight Loss Challenge and let's lose a few pounds together. We all have excuses for our bad habits that keep us from losing weight. "Lose the Excuse" is a fun, six-week weight-loss challenge that's part of the ParTners for Health Wellness Program. It runs from February 9 – March 22. The challenge is all about ditching tired, old excuses for bad habits that get in the way of your weight-loss efforts. Learn how to trade them for new attitudes and actions that lead to success. Get registered today at: <http://partnersforhealthtn.embrace.healthways.com/healthways/home>, and see the flyer attached to this newsletter.

2015 Partnership Promise Deadline Approaches: March 15, 2015



Have you started fulfilling your ParTnership Promise? If you chose the Partnership PPO, you committed to completing the Partnership Promise. For 2015, all members and his or her covered spouse must keep their contact information up to date with Healthways, and:

1. Complete Online Healthways Well-Being Assessment by March 15, 2015.

The online Well-Being Assessment (WBA) summarizes your overall health, offers steps you can take to improve, and demonstrates how lifestyle habits affect overall well-being. The confidential assessment takes about 15-20 minutes to complete. Partnership PPO members and covered spouses must complete the WBA between January 1 and March 15, 2015.

* Dependent children are not required to fulfill the promise.

How to Complete the WBA:

Log on to: <https://partnersforhealthtn.embrace.healthways.com/healthways/home>. Next, sign in to your Well-Being Account with your unique username and password. (If you have never signed in before, create an account.) Once you've completed the WBA you can view your Well-Being Report. Within 24 hours of completing your assessment, you can set up your Well-Being Plan. When you return to the website the next day, you will need to sign in with your Well-Being Account username and password to view your results, create your personal Well-Being Plan and access all of the tools and resources on Well-Being Connect.

2. Actively Participate in Health Coaching if identified. Partnership PPO members and covered spouses who are called by Healthways must actively participate in coaching. **If you are called for health coaching, you must complete a Biometric Screening by July 15, 2015.** At this time, no onsite screenings have been scheduled by Healthways. Health coaching could include a tobacco cessation program and/or case management, which is administered by BlueCross BlueShield, Cigna and Magellan. Read more about health coaching below. If you fail to meet the 2015 Partnership Promise, you will not be eligible for the Partnership PPO in 2016. Get started right now! Visit www.partnersforhealthtn.gov. Questions? Call the Department of Finance at 731-364-5429.



Helping You To Take Charge of Your Health

Partnership PPO members and covered spouses who are called by Healthways must actively participate in coaching during 2015. (The requirement applies to both you and/or your spouse if you both are Partnership PPO members.) Health coaching is the approach of partnering with individuals to enhance self-management strategies for the purpose of preventing and managing chronic illness and supporting lifestyle changes for the enrichment of quality of life.

Healthways will call members based on lifestyle behaviors and/or biometric screening values. Everyone can improve their health, no matter their starting point. Health coaches are trained healthcare professionals who provide support so you can live the kind of life you want by making improvements to your health and well-being. They can provide support not only with your physical health, but also nutrition, stress, depression and many other aspects of your life. All conversations with your coach are private and are not shared with the health plan or your employer. When you participate in coaching, your frequency of calls will be tailored to your individual plan of care. **** Remember: If you are called for coaching, you must complete a biometric screening by July 15, 2015. ****

Members identified as tobacco users may have to participate in a Tobacco Cessation Program. To learn more about this as well as the full Health Coaching Process, log onto www.partnersforhealthtn.gov. If your health coach tries to contact you, and you cannot be reached, Healthways will send a letter to your home address. Then it is up to you to follow up. If you do not follow up within the time frame specified in the letter, you will not be eligible for the Partnership PPO the next year. This is why it is important to keep your committed calls with your coach and to keep your contact information current with your employer and Healthways. If you have questions about health coaching or the Partnership Promise, call Healthways at 888.741.3390.

Questions? Contact: Director of Finance, Shawn Francisco: 364-5429 • franciscos@k12tn.net

Upcoming Dates

Feb 16 Monday



President's Day
No School

Mar 8 Sunday

Daylight Saving Time Begins - Spring Forward!

Mar 15 Sunday

Partnership Promise Online Well-Being Assessment Due By Midnight

Mar 20 Friday



First Day of Spring

Mar 30 - Apr 3 Monday-Friday

Weakley County Schools Spring Break (Tentative)

HEALTHWAYS TO BE CLOSED ON SUNDAY, MARCH 15, 2015

Because the Well-Being Assessment (WBA) deadline falls on a Sunday, the Healthways Call Center will be closed. If for some reason you attempt but cannot complete your WBA on March 15, **call Healthways and leave a message between 8 a.m. and 8 p.m.** to request a call back for assistance with the WBA. Healthways will follow up with those members and they will receive credit.

Healthways Call Center: 1-800-741-3390

THE “LOSE THE EXCUSE” WEIGHT-LOSS CHALLENGE

Frequently Asked Questions

WHAT’S THIS CHALLENGE ABOUT?

“Lose the Excuse” is a fun, six-week weight-loss challenge that’s part of the PartNers for Health Wellness Program. It runs from **February 9 – March 22**. And it’s open to all state employees and members of the State Group Insurance Plan.

The challenge is all about ditching tired, old excuses for bad habits that get in the way of your weight-loss efforts. You’ll learn how to trade them for new attitudes and actions that lead to success.

HOW DOES THE CHALLENGE WORK?

During the challenge, you will receive:

- ✓ **A weekly email with tips** on weight loss and realistic strategies for a healthier, active lifestyle.
- ✓ **A reminder to stay active** by using your weight tracker and the challenge chatter board.

For tracking purposes a week is defined as Monday - Sunday.

CAN I PARTICIPATE EVEN IF I DON’T NEED TO LOSE WEIGHT?

Yes. If you are maintaining a healthy weight or if you need to gain weight, you can still participate by using your weight tracker and the chatter board. Remember: Weekly email tips will mainly focus on weight loss.

DO I NEED TO LOSE WEIGHT?¹

Use these tips to help you know the right weight goal for you:

Know your Body Mass Index (BMI).

- BMI looks at your weight in relation to your height, which will help you see if you may need to lose weight. This [BMI chart](#) can help.
- What does your BMI mean? See below to find out more.

Set a realistic weight-loss goal.

It is considered safe and healthy to lose half a pound to 2 pounds each week. Losing too much too fast can negatively impact your health; losing at a steady pace can help keep pounds off in the long run.²

¹Always consult your physician or other health care professional before starting this or any other fitness, nutrition and/or weight management program to determine if it is right for your needs.

²Health experts suggest losing 1 to 2 pounds per week by eating well, watching portions and being active. Source: Mayo Clinic (<http://www.mayoclinic.com/health/weight-loss/HQ01625>)



WHAT DOES MY BMI MEAN?

If your BMI is ...	What it means	Recommendation
18.5 – 24.9	You’re within a healthy weight range for your height.	You don’t need to lose weight.
25 – 29.9	Your BMI is considered “overweight.”	Weight loss may be right for you. Talk to your doctor.
30 or greater	Your BMI is considered “obese.”	Weight loss is recommended.

REGISTER NOW!

Last day to register: February 16

1. Go to www.partnersforhealthtn.gov and click **My Wellness Login**.
2. Sign in to your Well-Being Account.
3. In the **Groups & Challenges** tab, click **Join This Challenge** under **Lose the Excuse**.
4. **Set up your Weight Tracker** and then record your starting weight and weight-loss target for the six-week challenge.
5. **Finish registration.** Then return February 9 to start participating.

***If you haven’t already, you must create a Well-Being Account, complete the Well-Being Assessment and set-up your Well-Being Plan before joining the challenge. If you already have a Well-Being Account, you will need to complete the Well-Being Assessment and set-up your Well-Being Plan to enroll in the challenge.**