

2022

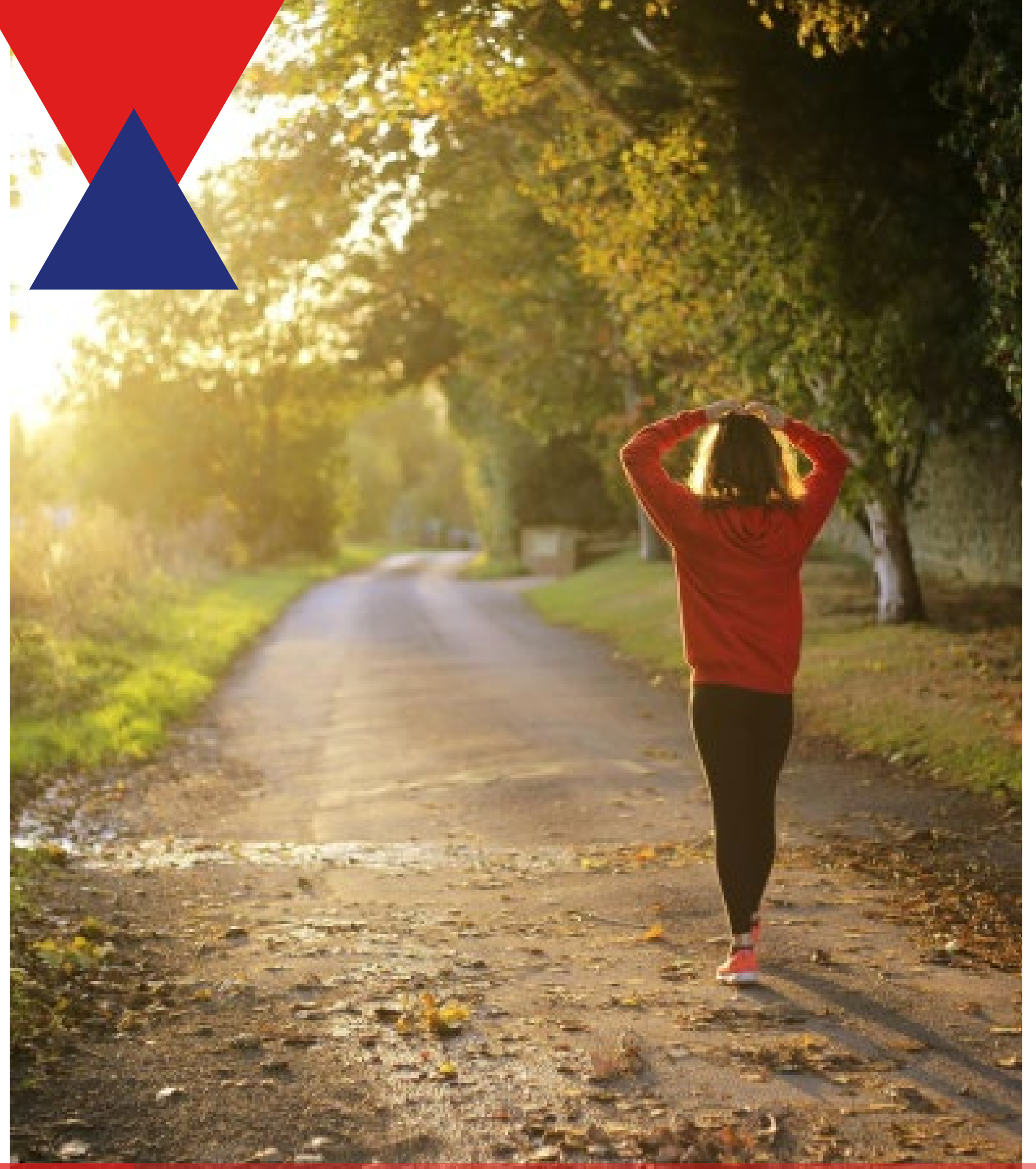
WELLNESS BEHAVIORAL HEALTH AND EAP

State and Higher Education Agencies

PARTNERS
FOR HEALTH



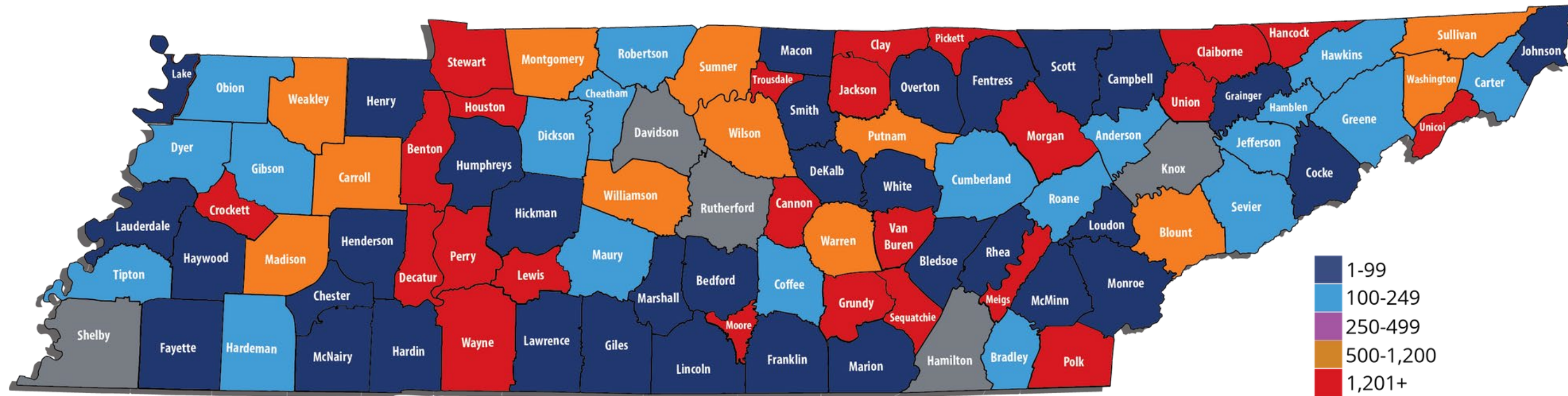
Paige Turner
Population Health Director



State of Tennessee

ActiveHealth Program Engagement by County

2019-2021



Program Satisfaction: 91.9 %

Member Engagement



- 25.3% of members identified participated in digital, onsite, group or one on one coaching
- Since 2019 ActiveHealth has reached at least one member in every single county in the state

For more information: tn.gov/PartnersForHealth under **Wellness**



Wellness Program

Diabetes Prevention Program



2 Online Programs

- Cigna Omada Program
- BCBST Livongo Program

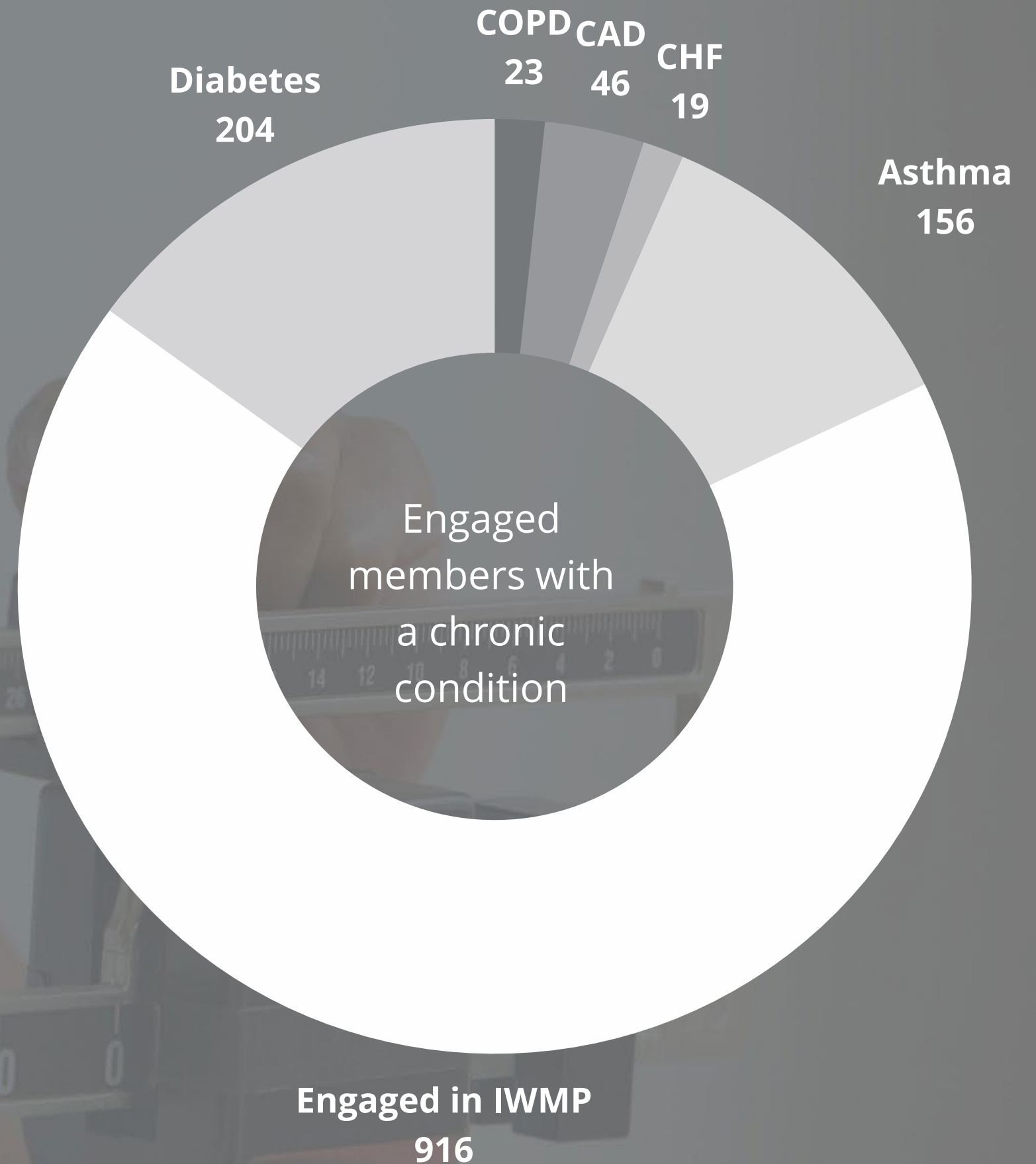
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**PARTNERS
FOR HEALTH**

Weight Management

- Weight Management program satisfaction- 91%
- 916 engaged members
- 813 pounds lost
- 68 members with 5% weight loss target



Incentive Payments

- Incentive amount will remain the same **\$250** per employee and spouse (\$500 annual maximum)
- All other incentives currently in place will remain unchanged

01 2021 Incentive payments

\$ 2,199,050.00

02 Members

11,310 members earned an incentive

03 Employees

5,501 employees **59%** earned the maximum amount

04 Spouses

1,282 spouses **63%** earned the maximum amount

BHO Program Highlights



Member ID Cards

855.Here4TN (855.437.3486) or HERE4TN.com



Front

Back

BHO Program Highlights



Virtual Visits

- Talk to an in-network provider without leaving your home
- Find support for depression, substance use and more



Talkspace Online Therapy

- Virtual therapy via the Talkspace app
- All visits are HIPAA compliant and delivered through a secure connection



Substance Use Preferred Network

- High quality, facility-based care for substance use
- No cost for PPO members and CDHP members have no coinsurance after the deductible is met when a preferred facility is used

EAP Program Highlights

Take Charge at Work

- Confidential program designed to help working adults recognize and manage symptoms of stress and depression at work
- Available at no cost



Eligibility: All State and Higher Education benefit eligible employees, over age 18. Dependents over age 18, eligible for EAP, who are working part/full time.

Virtual Visits



- Talk to a licensed therapist online for your five no-cost EAP counseling visits
- Get confidential care without leaving home



Talkspace

- Talkspace is available to use for your five no-cost EAP counseling visits

Sanvello



- App for on-demand help for stress, depression and anxiety symptoms
- Available at no cost as part of your EAP benefits



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Support For Your Life

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Questions?



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