

# MY HEALTH CHOICE LIFE



Tennessee's Initiative to Improve the Health and Wellness of People Living with Serious Mental Illness

## WHY FOCUS ON PHYSICAL HEALTH AND WELLNESS?

People with serious mental illness (SMI) tend to die **25 years earlier** than the general population.\* This is largely due to treatable or preventable medical conditions. Evidence-based coaching support improves health and wellness for people with SMI through education focused diabetes management, nutrition, addiction recovery, exercise, and tobacco cessation.

## HOW IT WORKS:

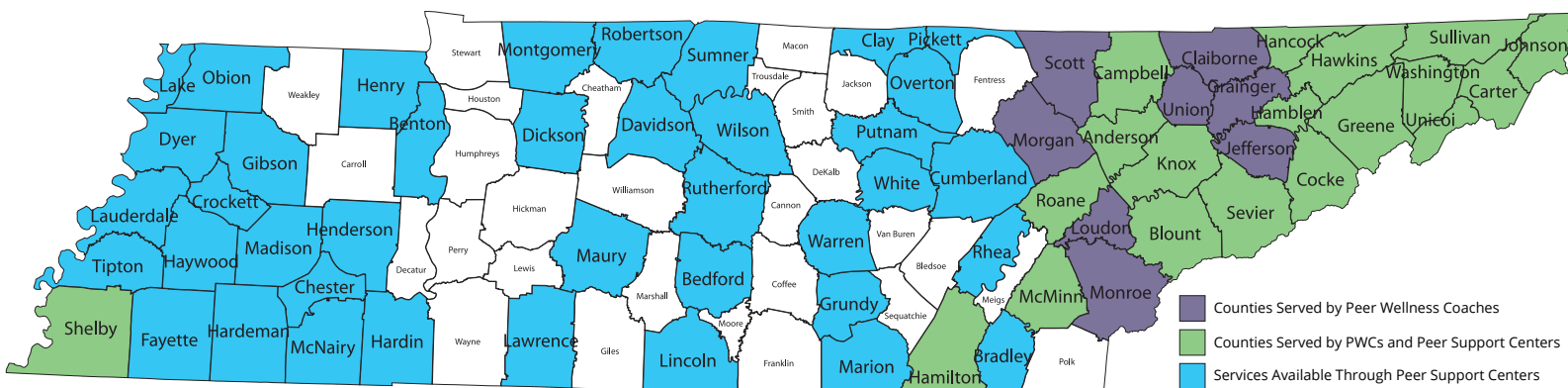
**7** Peer Wellness Coaches  
**1** Statewide Coach and Trainer

**45** Peer Support Centers

Peer Wellness Coaches reach people through one-on-one coaching, wellness activities, workshops, and trainings.

More than  
**1,000**  
Tennesseans served in fiscal year 2020

## SERVICE AVAILABILITY



\*Source: Morbidity and Mortality in People with Serious Mental Illness <https://www.nasmhpd.org/content/morbidity-and-mortality-people-serious-mental-illness>