

**\*\* Please share the information below \*\***

### **2019 Wellness Program**

ActiveHealth Management is our new wellness vendor and is ready to help you achieve your health goals. State health plan members will need to set up your online account to get started. Then you can access a health assessment, a new weight management program (if eligible), telephonic coaching as well as online or group coaching. There are also many online resources such as digital coaching, challenges, recipes, trackers and much more. Members in downtown Nashville will also have access to face to face coaching in the Partners Health and Wellness Center. Call 615-770-1729 to schedule an appointment.

To set up your new wellness program account— [just click here](#). Go to the **Create An Account link** and follow the steps to register. You will need to have your 8-digit Edison ID handy. It can be found on your or your spouse's Caremark card.

You can also download the ActiveHealth app. Search for "ActiveHealth" in your app store. You can take the health assessment and access any of the programs through the mobile app.

### **Cash Incentives**

ActiveHealth will manage the **new cash incentive program** available to all active state and higher education employees and spouses.

Regardless of the health plan you choose, you will be able to earn cash incentives for completing certain wellness activities. You and your spouse could each earn up to \$250 a year. That is up to \$500\* for the employee and spouse annually. To learn more about the eligible activities, [click here](#) for the printable incentive table.

### **Biometric Screenings**

Quest Diagnostics is our biometric screening vendor. To set up your online account with Quest, [click here](#). When you set up your Quest account the first time, you will need the **registration Key: SOT** as well as your 8-digit Edison ID (ex: 00123456). Then follow the instructions. If your spouse is setting up his/her account they will need to add an S in front of the Edison ID (ex: S00123456).

You will also have access to onsite biometric screenings. Those will start in April. Your annual physical is covered by the health plan at no cost, if you use an in-network provider. If you want to earn the cash incentive for completing a biometric screening you can attend an onsite screening or download the physician screening form.

Questions? Call 888-741-3390.

*\*New hires/new plan members, your earnings may be limited depending on your hire date. The incentive is taxable and subject to withholding and reporting and will impact the actual amount in your paycheck*