Did You Know?

Working for a Healthier Tennessee (WFHTN) is the workplace wellness program for State of Tennessee employees.

WFHTN creates a healthy, positive workplace. We show how taking small steps can help employees achieve larger goals.

WFHTN gives employees the tools and support they need to lead healthier lives for years to come. We do this by focusing on well-being, physical activity, healthy eating and tobacco cessation.

Several State of TN agencies have a Wellness Council. This is a team of employees who plan activities to promote good health for their co-workers.

Looking for motivation to live a healthier lifestyle? Some of your co-workers who have successfully increased their physical activity, made healthier food choices and/or quit using tobacco, shared their stories to inspire and offer advice. Check out their stories here.

Want to know what's going on within your department and across the state? Click here!

Do you have questions?
Email us at WFHT.TN@tn.gov.