



Employee Wellness Checklist

As a Tennessee State Government employee, you have access to a variety of wellness resources at no cost. Use this checklist to explore your options. Questions? Email WFHT.TN@tn.gov.



Working for a Healthier Tennessee is your workplace wellness initiative that encourages and enables state employees to lead healthier lives by providing wellness tools and support to state agencies. [Learn more about Working for a Healthier Tennessee.](#)

Note: This program is available to all Tennessee State Government employees, even if you're not enrolled in medical insurance through Partners for Health.



Here4TN can help you and your family get the most out of life. They can assist with small questions, big problems and everything in between. This service is confidential, and specialists are available any time, day or night.

[Learn more about Here4TN.](#)

Note: This program is available to all benefits-eligible employees and their eligible family members, even if you're not enrolled in medical insurance through Partners for Health.



The **Partners for Health Wellness Program** includes:

- A health assessment and onsite biometric screenings
- Coaching support
- Support for chronic conditions
- Help with quitting tobacco and weight management
- Cash incentives for completing certain activities*

[Learn more about the Partners for Health Wellness Program.](#)

Note: This program is available to employees enrolled in medical insurance through Partners for Health.

Support your health and wellness journey by following us on [Facebook](#), [Instagram](#) and [YouTube](#). We post tips, inspiration and the latest in health and wellness information!

[Complete this form](#) or scan the QR code to let us know you explored one or more of your wellness options. You could receive a prize.

