



The goal of [Working for a Healthier Tennessee](#) is to encourage and enable state employees to lead healthier lives. The initiative was created in 2013 and is supported by the [Partners for Health Wellness Program](#) and [Here4TN](#).

This free program for state agencies gives employees the tools and support they need to lead healthier lives for years to come. WFHTN focuses on three key areas:



**Physical Activity**



**Healthy Eating**



**Well-Being**

We aim to create a healthy, positive workplace. Our mission, vision and values drive this initiative.

- **Mission:** Support healthy lifestyles and personal responsibility.
- **Vision:** Create a culture of wellness that reduces health risks and lowers health care costs.
- **Values:** Learning, stewardship, accountability, innovation and dedication.

Each Tennessee State Government agency involved with WFHTN has a [Wellness Council](#). This is a team of employee volunteers who plan and monitor activities to promote good health for their co-workers. You're not on your own! Our team provides the following to each Wellness Council:

- **Communications:** These targeted messages for state employees include information about upcoming health observances and wellness events.
- **Monthly Newsletters:** The monthly *Be Well @Work* newsletter is sent via email to all state employees the first Tuesday of every month.
- **Monthly Handouts:** Download printer-friendly handouts containing information on national health observances and timely tips.
- **Monthly Webinars:** Wellness Councils are invited to attend a webinar each month to discuss workplace wellness ideas to implement and share statewide successes.
- **Website:** At [tn.gov/wfhtn](http://tn.gov/wfhtn) you can find more information about our initiative, including healthy recipes, challenges, lunch 'n learn topics, a video resource library and more!
- **Wellness Events:** Join workouts, activities, challenges, webinars and more!
- **Quarterly Activity Lists:** This list highlights ideas Wellness Councils can use to help plan workplace wellness activities at their agency.

**Are you interested in learning more or joining your agency's Wellness Council?**  
Email [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov).



[WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov)



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