

ParTNers for Health

User Guide: Setting up your Well-Being Account,
Completing the Well-Being Assessment & Creating Your
Well-Being Plan

For: Members Who Need to Create a Well-Being Account

**PARTNERS
FOR HEALTH**

2016

User Guide: Well-Being Assessment

Here's How:

1. Create your new Well-Being Account
2. Complete the online Healthways Well-Being Assessment™ (health questionnaire) **by March 15, 2016**
3. Create your Well-Being Plan

***Please note:** All employees and their covered spouses who are enrolled in the Partnership PPO or Wellness HealthSavings CDHP must each complete the 2016 Partnership Promise.

Create Your New Well-Being Account

Create Your New Well-Being Account



**PARTNERS
FOR HEALTH™**

 [Search this Site](#)

State of Tennessee Group Insurance Program

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- Q&A and Definitions ▾
- Wellness ▾
- Contact Us

MY WELLNESS LOGIN

What's New?



Introducing ALEX® — Your Personal Benefits Expert

ALEX, your personal online ParTNers for Health benefits expert can help you choose which insurance option may work best for you.

[State and Higher Education Employees](#)

[State and Local Government Employees](#)



Quick Links

Everyone enrolled in the Partnership PPO or Wellness HealthSavings CDHP must take action in 2016!

[Read more »](#)

- [Complete Your Biometric Screening](#)
- [Complete Your Well-Being Assessment](#)



If you answer **yes** to the following questions, the [HealthSavings CDHP](#) may be for you:

- Are you looking for coverage for unexpected illnesses and accidents at a lower monthly premium?
- Are you willing to pay for routine medical services up front in exchange for a lower premium?
- Do you have income/savings high enough to cover routine medical care (up to the deductible)?
- Do you want to use the HSA as a pre-tax savings vehicle for future medical costs, especially during retirement?

ALEX®, your personal online ParTNers for Health benefits expert can help you choose which insurance option may work best for you.

1. Go to www.partnersforhealthtn.gov and click on the **MY WELLNESS LOGIN** button

Create Your New Well-Being Account

The screenshot shows the PARTNERS FOR HEALTH website interface. On the left, there are several polaroid-style photos pinned to a wooden surface. One photo shows a woman and a child at the beach, captioned "Day at the beach" and "Grandma". Another shows a person walking a dog, captioned "best exercise buddies". A third shows a person playing a game, captioned "Sunday Game with the boys". In the top right corner, there is a sticky note with a list: "2. Manage", "3. Lose weight", and "4. Join gym!". The main content area features the PARTNERS FOR HEALTH logo, an "Important Notice" section with red text, a "Welcome to PARTNERS for Health Wellness" message, and a "What Inspires You?" section. At the bottom, there are "Sign In" and "Sign Up" buttons. A blue callout box with the text "2. Click on the 'Sign Up' button" has an arrow pointing to the "Sign Up" button.

2. Click on the "Sign Up" button

PARTNERS FOR HEALTH

Important Notice!

FOR PARTNERSHIP PPO AND WELLNESS CDHP ONLY: The effectiveness of this program depends upon plan members truthfully providing answers to these questions in order to properly determine a member's level of service.

A person who knowingly provides false information to maintain Partnership PPO or Wellness CDHP benefits may be moved to the Standard PPO or Health Savings CDHP. The State Insurance Plans have the right to recover the cost of benefit from any member who received these benefits through false information

Welcome to **PartNers for Health Wellness**
Brought to you by The State Group Insurance Program [En Español](#)

What Inspires You?

This site is here to help you find inspiration every day as you move towards better health and well-being. You'll discover a personalized action plan for healthier living with manageable steps toward accomplishing your personal goals, with interactive tools, tips, and even social networking to motivate you along the way.

Have an Account?

[Sign In](#) →

Not Registered?

[Sign Up](#) → [or Learn More](#)

Create Your New Well-Being Account

3. Enter your information

- Legal First Name
- Legal Last Name
- Date of Birth
- Mailing Zip Code
- Gender

Then, click the “Next” button

PARTNERS FOR HEALTH

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Welcome to PartNers for Health Wellness
Brought to you by The State Group Insurance Program

Sign Up [En Español](#)

To verify who you are, we need to ask some basic information.

First  :

Last  :

Date of Birth:
Month: Day: Year:

Postal/Zip Code:

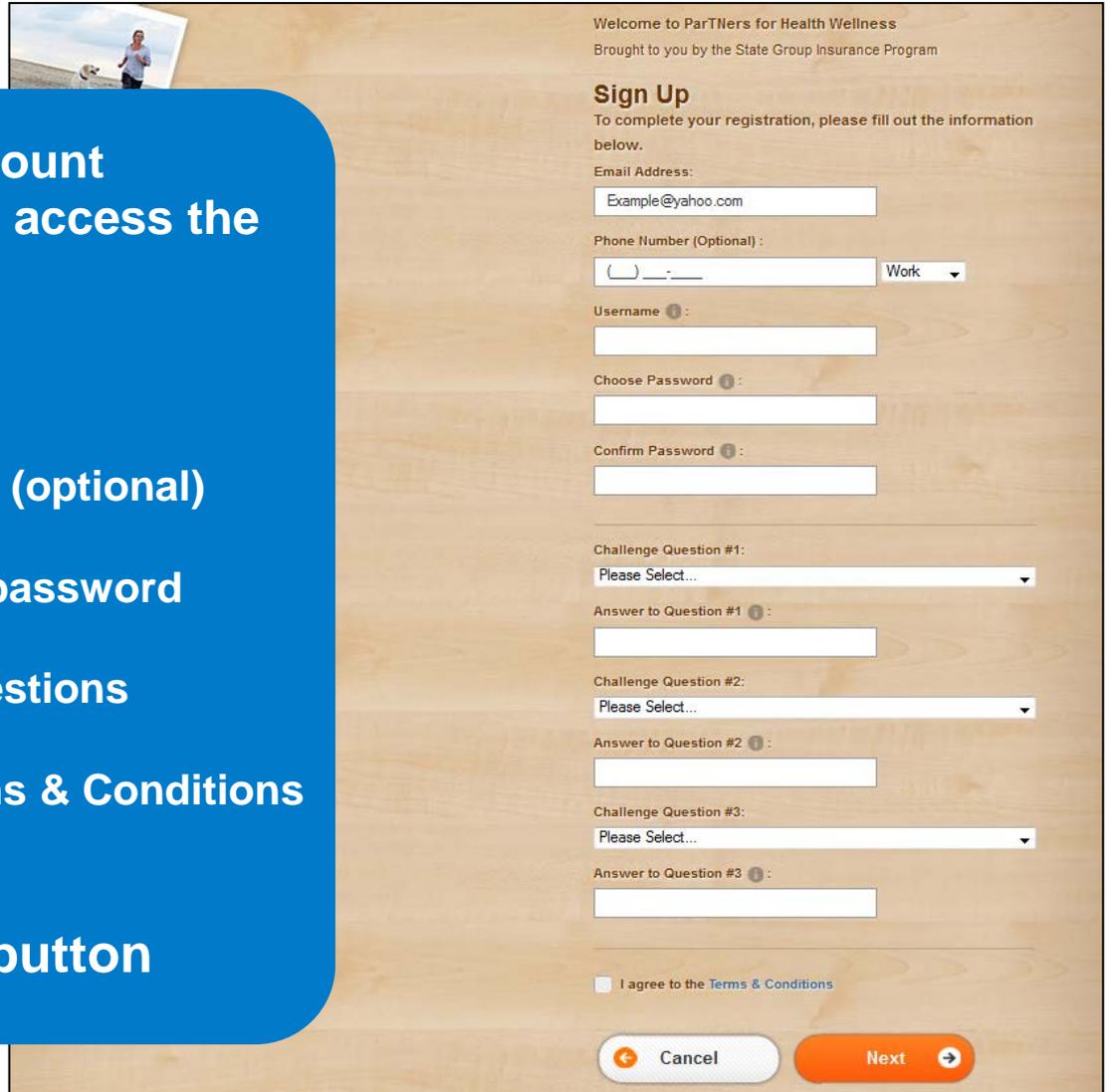
Gender:
 Male Female

Create Your New Well-Being Account

4. Create your Well-Being Account username and password to access the site in the future.

- Enter your email address
- Enter your phone number (optional)
- Create your username & password
- Answer the challenge questions
- Review and agree to Terms & Conditions

Then, click the “Next” button



Welcome to PartNers for Health Wellness
Brought to you by the State Group Insurance Program

Sign Up

To complete your registration, please fill out the information below.

Email Address:

Phone Number (Optional):

Username [?]:

Choose Password [?]:

Confirm Password [?]:

Challenge Question #1:

Answer to Question #1 [?]:

Challenge Question #2:

Answer to Question #2 [?]:

Challenge Question #3:

Answer to Question #3 [?]:

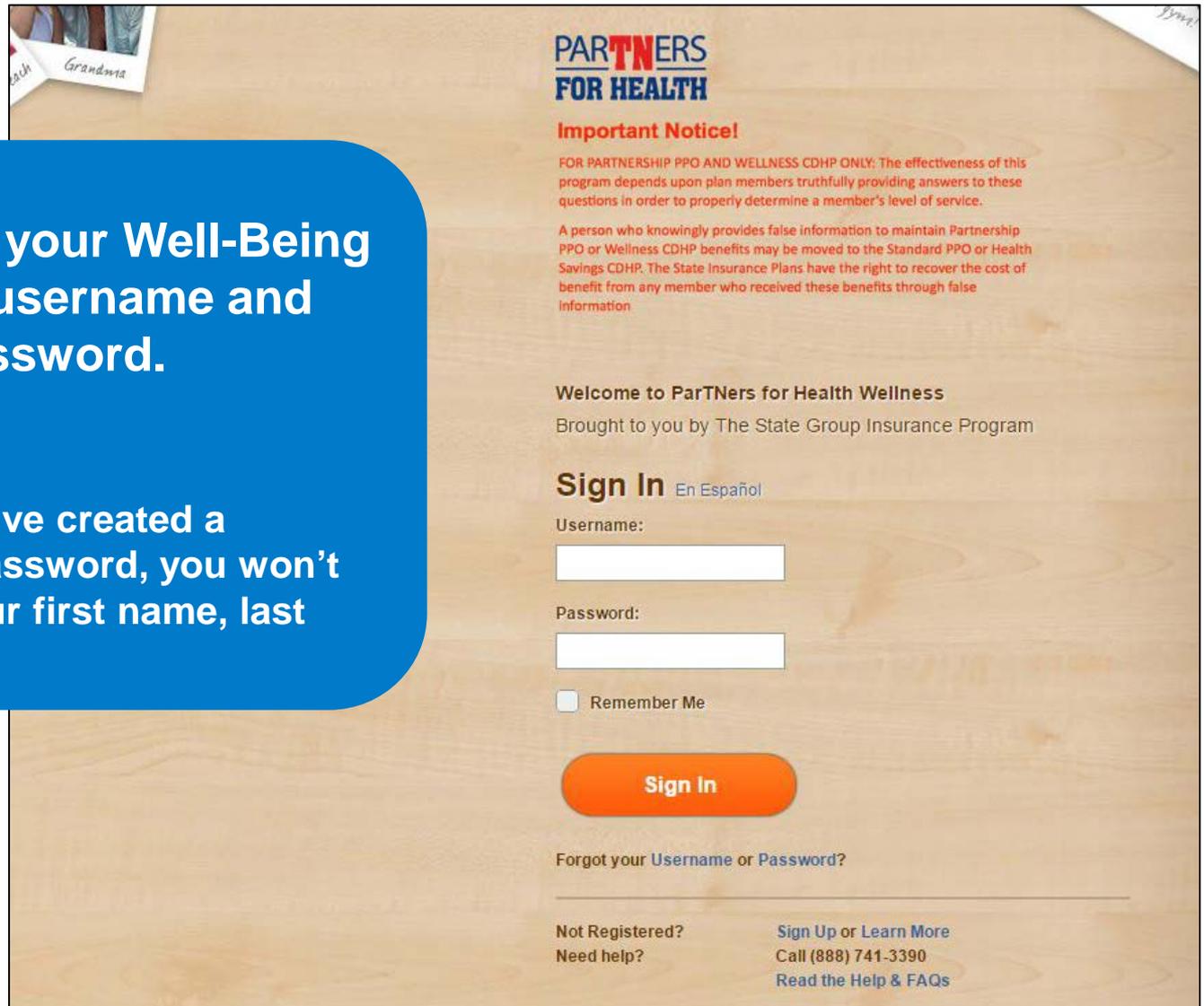
I agree to the [Terms & Conditions](#)

**Complete the online
Healthways Well-Being
Assessment™
(health questionnaire)**

Complete the Well-Being Assessment (WBA)

Sign in with your Well-Being Account username and password.

NOTE: Once you've created a username and password, you won't need to enter your first name, last name, etc. again.



PARTNERS FOR HEALTH

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A person who knowingly provides false information to maintain Partnership PPO or Wellness CDHP benefits may be moved to the Standard PPO or Health Savings CDHP. The State Insurance Plans have the right to recover the cost of benefit from any member who received these benefits through false information.

Welcome to ParTners for Health Wellness
Brought to you by The State Group Insurance Program

Sign In [En Español](#)

Username:

Password:

Remember Me

Sign In

Forgot your [Username](#) or [Password](#)?

Not Registered?
Need help?

[Sign Up or Learn More](#)
Call (888) 741-3390
[Read the Help & FAQs](#)

Complete the Well-Being Assessment (WBA)

The screenshot shows the 'Well-Being Connect' website interface. At the top, there's a navigation bar with the 'PARTNERS FOR HEALTH' logo on the left and user options like 'Hello Fntestbdc!', 'Español', and 'Log Out' on the right. The main content area features a large heading 'What inspires you to improve your health?' followed by a paragraph about the wellness tools provided. To the right of this text is a video player showing a woman and a child looking at a laptop. Below the main heading, there are three steps outlined: 'Step 1 Assess Your Current Well-Being', 'Step 2 Your Well-Being Assessment Results', and 'Step 3 Get Started on Your Plan'. Each step includes a brief description and a corresponding button: 'View a Sample Report' (with a clipboard icon), 'See a Sample Well-Being Plan' (with a checkmark icon), and 'See Sample Tools' (with a heart icon). At the bottom, a prominent orange button labeled 'Well-Being Assessment' with a right-pointing arrow is highlighted by a blue callout box. Below this button, it states 'Estimated time: 15 minutes' and provides information about the WBA requirement by March 15.

1. Click on the “Well-Being Assessment” button.

Complete the Well-Being Assessment (WBA)

Step 1 Assess Your Current Well-Being

Step 2 Your Well-Being Assessment Results

Healthways Well-Being Assessment™

Labs & Biometrics | Life Evaluation | Emotional Health | Physical Health | Healthy Behavior | Work Environment | Basic Access | Productivity

Start

1 | 2 | 3 | 4 | 5 | 6

2. Click the “Start” button to begin the WBA.

This is the first step on your personal path to a happier, healthier you.

The Healthways Well-Being Assessment™ is designed to help us get a good sense of where you are right now, so we can do the best possible job of recommending specific areas for you to work on to improve your health and well-being.

PARTNERS FOR HEALTH | Hello Fntestcbbgdjfcbbel | En Español | Logout

Complete the Well-Being Assessment (WBA)

As you answer questions and complete each section, the top picture bar shows your progress.

You can “Exit” at anytime and your answers will be saved.

*Reminder: If you “Exit,” be sure to login and complete the WBA by March 15, 2016.

The screenshot displays the 'Healthways Well-Being Assessment™' interface. At the top, a horizontal bar shows progress through eight sections: Labs & Biometrics, Life Evaluation, Emotional Health, Physical Health, Healthy Behavior, Work Environment, Basic Access, and Productivity. The 'Life Evaluation' section is currently active. Below the progress bar, the 'Life Evaluation' section title is shown with a sub-header 'How is this information used?'. A question is presented: '1. Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?'. A vertical ladder scale is shown with steps numbered from 0 to 10, with 10 labeled 'Best' and 0 labeled 'Worst'. A 'Don't know' checkbox is also present. At the bottom of the screen, there are three buttons: 'Exit', 'Previous', and 'Next'.

Complete the Well-Being Assessment (WBA)

Once you answer the final question in the WBA, you can:

- View your full Well-Being Report.
- If you have not already done so, add your email address to be notified when your Well-Being Plan is ready.

Your Well-Being Assessment Results

Life Evaluation	Emotional Health	Physical Health	Healthy Behavior	Work Environment	Basic Access

Legend: Your Lifestyle

- Helping Your Well-Being
- Hurting Your Well-Being
- No Impact on Well-Being

How You're Doing

Your Well-Being Score

No matter what your results are, you deserve our congratulations! You're well on your way to better health and well-being. View the full report for all the details related to each area of well-being covered by the assessment.

[View Full Report](#)

Next: Your Well-Being Plan

Now we'll review your results and suggest actions you can take to improve your well-being. We call this your Well-Being Plan and it should be ready for you within 24 hours.

We'll notify you via email when it is ready. We're sending it to

[Add or Change Your E-mail Address](#)

Create Your Well-Being Plan

Create Your Well-Being Plan

Once you complete your Well-Being Assessment:

- Your recommended Well-Being Plan will be ready within 24 hours.
- There are two ways to return to Well-Being Connect and create your Well-Being Plan.

Option 1: Visit www.partnersforhealthtn.gov

1. Visit www.partnersforhealthtn.gov
Click on the “MY WELLNESS LOGIN” button.

2. Once you click the “MY WELLNESS LOGIN” button, you will see this screen.

Click the “Sign In” button.

The screenshot shows the homepage of the Partners for Health website. At the top left is the logo "PARTNERS FOR HEALTH." followed by "State of Tennessee Group Insurance Program". A search bar with "Google Custom Search" and "Search this Site" is at the top right. A navigation menu includes "Home", "Health Options", "Other Benefits", "Enrollment", "Premiums", "Q&A and Definitions", "Wellness", and "Contact Us". A blue button labeled "MY WELLNESS LOGIN" is highlighted with a blue arrow pointing to it. Below the navigation is a "What's New?" section featuring a cartoon character and text about "Introducing ALEX® — Your Personal Benefits Expert". To the right is a "Quick Links" section with a "PARTNERSHIP PROMISE" logo and links to "Complete Your Biometric Screening" and "Complete Your Well-Being Assessment". At the bottom are social media icons for Facebook, Twitter, YouTube, Instagram, and Pinterest.

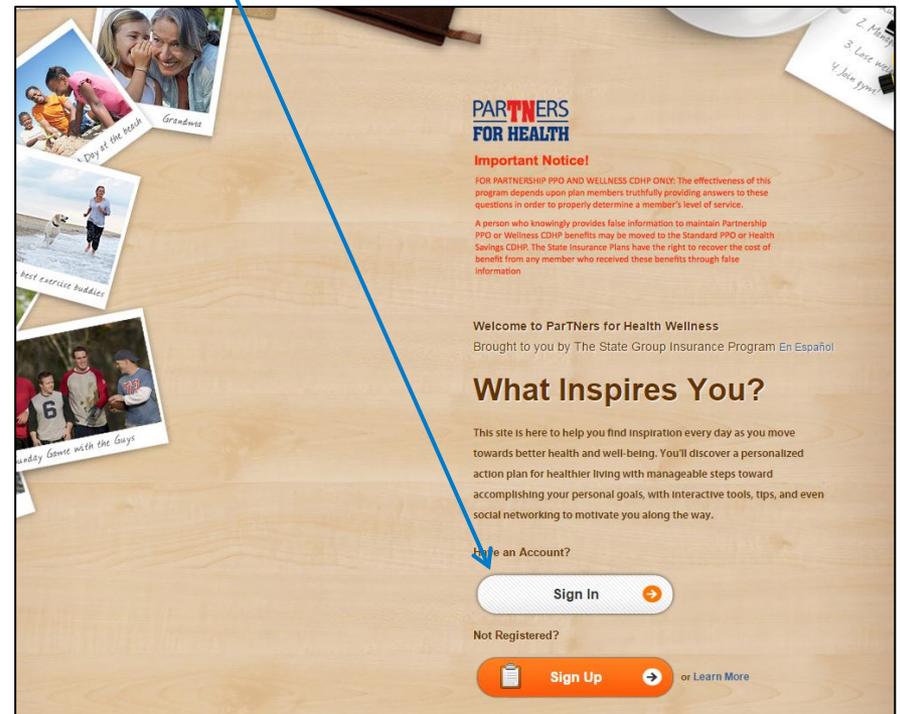
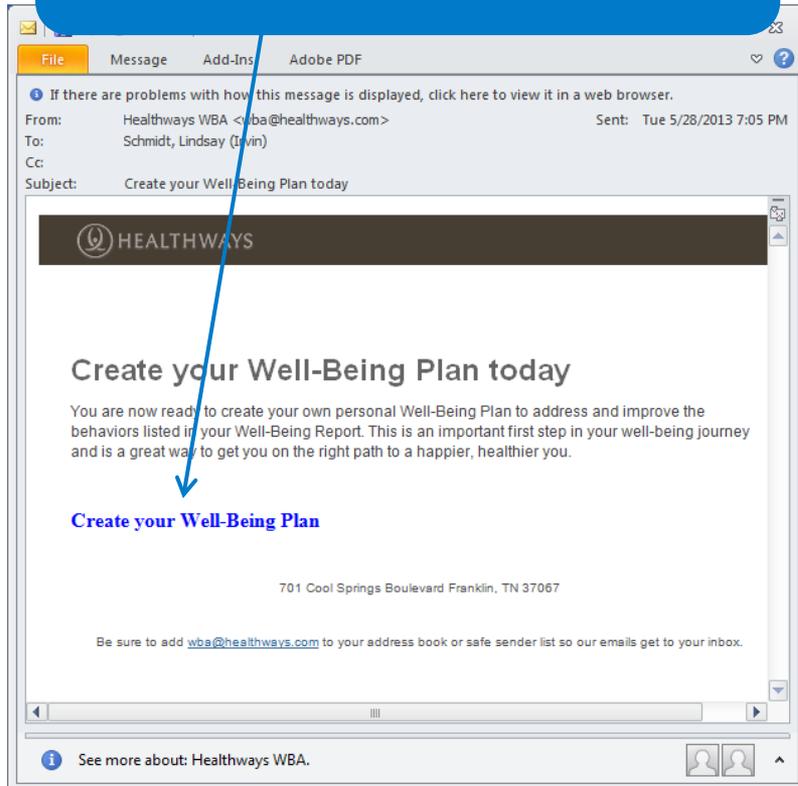
The screenshot shows the "MY WELLNESS LOGIN" page. It features a background of photos on a wooden surface. The "PARTNERS FOR HEALTH" logo is at the top left. An "Important Notice" is displayed in red text. Below it, a "Welcome to PartNers for Health Wellness" message is followed by "Brought to you by The State Group Insurance Program En Español". A section titled "What Inspires You?" contains text about finding inspiration for better health. At the bottom, there are two buttons: a white "Sign In" button with a right arrow and a red "Sign Up" button with a right arrow and "or Learn More" text. A blue arrow points from the "Sign In" button in the text above to the "Sign In" button on the page.

Option 2: Click through the email you receive

1. If you added your e-mail address, click the link in the e-mail you receive when your Well-Being Plan is ready.

2. Once you click through the email, you will see this screen.

Click the “Sign In” button.



Create Your Well-Being Plan

Within 24 hours of completing your WBA, you can create your Well-Being Plan by clicking on the “Create Your Well-Being Plan” button.

NOTE: Partnership PPO or Wellness HealthSavings CDHP members will not be able to access their Well-Being Account without completing their Well-Being Plan.

The screenshot shows the 'Partners for Health' website interface. At the top, there's a navigation bar with 'PARTNERS FOR HEALTH' on the left and 'Hello Fntestbdcj! Log Out' on the right. Below the navigation bar, there are three tabs: 'Step 1: Your Current Well-Being', 'Step 2: Your Well-Being Assessment Results' (which is active), and 'Step 3: Get Started on Your Plan'. The main content area is titled 'Your Well-Being Assessment Results En Español'. It features a grid of five categories: Emotional Health, Physical Health, Healthy Behavior, Work Environment, and Basic Access. Each category has a representative image and a smiley face icon indicating the score. A legend on the right explains the smiley faces: a green smiley face for 'Helping Your Well-Being', a yellow smiley face for 'Hurting Your Well-Being', and a grey smiley face for 'No Impact on Well-Being'. Below the legend, there's a section titled 'How You're Doing' and a 'Summary of Results' section. The 'Summary of Results' section contains text explaining the scores and results, and two buttons: 'View Full Report' (orange) and 'Download PDF' (blue). At the bottom of the page, there's a large orange button that says 'Create Your Well-Being Plan'.

Create Your Well-Being Plan

Based on your answers to the WBA, you will receive recommended Focus Areas (behaviors).

You decide which Focus Areas you are ready to work on.

Step 1 Assess Your Current Well-Being

Step 2 Your Well-Being Assessment Results

Step 3 Get Started on Your Plan

What You'll Work On

Your Well-Being Plan will be more successful if it includes things that you really want to work on. Here are areas that we can help you address. Indicate the ones you might be willing to work on (or are already working on).

Focus Areas Recommended For You

Why were these areas recommended?

	Doesn't Apply To Me	Thinking About It	Getting Ready	Making a Plan	Taking Action	Staying on Course	Not Sure?
Appointment Adherence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
Depression Prevention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
Exercise & Fitness	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
Healthy Eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
Medication Adherence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
Self	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me

Create Your Well-Being Plan

Your Well-Being Plan will have three Focus Areas.

One Primary Focus Area & Two Connected Focus Areas

Step 1 Assess Your Current Well-Being

Step 2 Your Well-Being Assessment Results

Step 3 Get Started on Your Plan

Focus Your Efforts

Based on the information you've given us, we've suggested three Focus Areas, with one as your primary Focus Area. To change or re-prioritize your Focus Areas, use the "Add", "Remove" or "Make Primary" buttons.

Note: You may find that some Focus Areas are not available to you. This could be because the information we have about you suggests this is not an area you need to focus on at this time. Also, selecting one area may prevent you from selecting another area.

[Why were these areas recommended?](#)

My Well-Being Plan

My Primary Focus Area Use Recommended Plan ⓘ

Exercise & Fitness

Remove

My Connected Focus Areas

Stress Management **Healthy Eating**

Remove Make Primary Remove Make Primary

Other Available Focus Areas

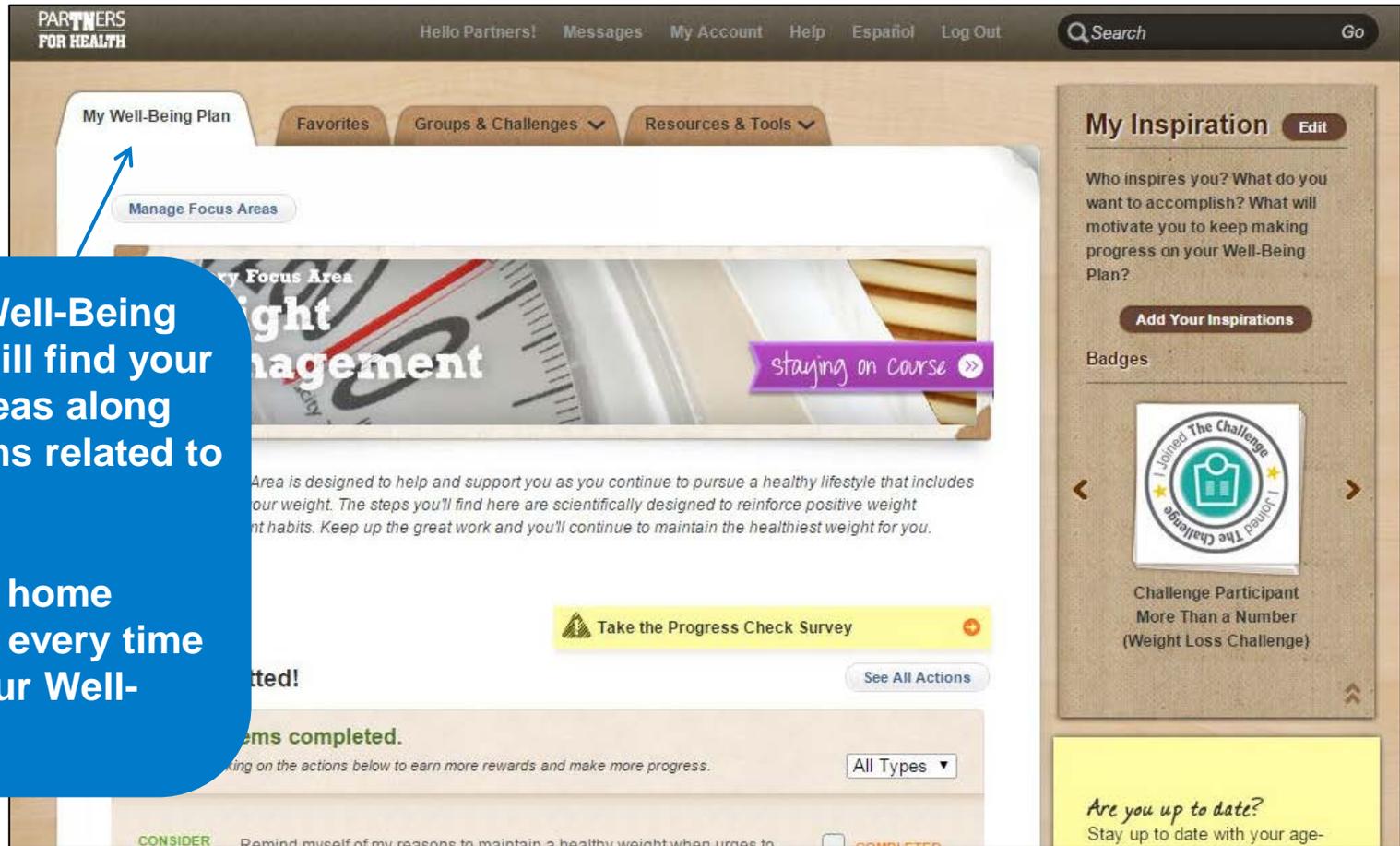
Depression Prevention Add

Appointment Adherence Add

Weight Management Add

Medication Adherence Add

Create Your Well-Being Plan



Under the My Well-Being Plan tab, you will find your three Focus Areas along with action items related to each area.

This will be the home screen you see every time you log into your Well-Being Account.