

Get Your Well-Being to Go.

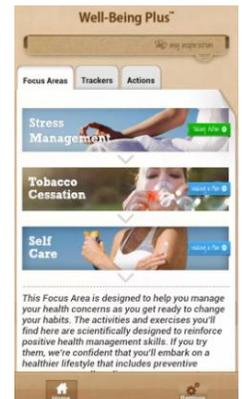
Today's the day to connect with wellbeingGO™ through your ParTNers for Health TN Wellness Program.

Simple things can help make well-being better from your head to happy feet.

You're busy and on the move.

And Well-Being Connect™ has a convenient mobile app for iPhone® users called wellbeingGO™. It's one of many ways to stay connected to ParTNers for Health Wellness Program and track your health and well-being wherever you are. The wellbeingGO™ app keeps you linked to your personal ParTNers For Health Wellness Account including access to your:

- **Trackers:** Record daily behaviors with an easier-to-use format so you can better track your progress for weight, exercise, medication, tobacco use, healthy eating and more. Share within your community group or on Facebook if you want.
- **Message Center:** Receive incentive notifications and activity tracking reminders.
- **Social Networking:** Join chatter sessions, update group activities, share information, personal stories, tips and successes - even share on Facebook.
- **Rewards:** Check rewards points you've earned.



Download the wellbeingGO™ app today!

Step 1: Log on to www.partnersforhealthtn.gov and click My Wellness Login, or directly visit: <http://partnersforhealthtn.embrace.healthways.com/healthways/login>

Step 2: Click on the 'My Account' link found at the top of the page in the header bar. Your Account Information opens.

Step 3: Click on the 'wellbeingGO™ Mobile App' link in the left column. You will be directed to the Mobile App page.

Step 4: Follow the instructions for your type of smartphone.

- **If you have an Android,** click the orange 'Get the Android App' button, where you will be taken to the Google Play Store to download wellbeingGO™.

- **If you have an iPhone or iPod Touch,** click the orange 'Get the iPhone App' button, where you will be taken to the iTunes store to download wellbeingGO™.

Step 5: After a successful download, go back to the Mobile App page and click the orange 'Registration Code' button. Your phone should now sync up to your online account.