

WORKING FOR A HEALTHIER TN

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 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.



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