

# WORKING FOR A HEALTHIER TN

Working for a Healthier Tennessee is a **free** workplace wellness program for all Tennessee State Government employees. You don't have to be enrolled in the state group insurance program to participate. This initiative is supported by the [Partners for Health Wellness Program](#) and [Here4TN](#).



WFHTN provides all state employees with tools and support to encourage and enable them to lead healthier lives by [focusing on three key areas](#): physical activity, healthy eating and well-being.

## Stay informed

### Monthly newsletter

You'll receive a [Be Well @Work](#) newsletter from WFHTN on the first Tuesday of each month. This newsletter highlights a variety of health and wellness information and resources. It also includes opportunities such as activities, webinars, workouts and more!

### Website

The [WFHTN website](#) is a great resource to find recipes, activities, success stories and many other tools to stay healthy, happy and motivated.

### Social media



[Facebook](#): @WFHTN



[Instagram](#): @WorkingForAHealthierTN



[YouTube](#): @WFHTN

## Take your wellness break

Did you know you can combine your two daily 15-minute rest breaks into one 30-minute break to participate in health and wellness activities? Complete [this Wellness Break Agreement](#) and submit it to your supervisor for approval.

## You have options

WFHTN is just one of your wellness options as a state employee. Get the help you need! [This graphic](#) highlights all your wellness resources.

## Contact us

Email [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov) or visit: [tn.gov/wfhtn](http://tn.gov/wfhtn)

[Meet the WFHTN team](#)