

Motivating Mississippi Wellness challenge



Make Merry, Stay Healthy Weight Maintenance Challenge

Make Merry, Stay Healthy

Are you challenged with sticking to your health goals during the holidays? Join us to learn how you can still enjoy yourself while maintaining your weight and overall health this holiday season.

Calling all wellness champions

1. Call or email your health coach to **register your site to participate**.
2. Schedule an **in-person challenge kick-off** with your health coach to explain the challenge and distribute the challenge log or join our virtual kick-off webinar. Register [HERE](#) for the virtual kick off.
3. Collect completed log sheets and share them with your health coach **by January 9, 2026** to be entered into a prize drawing.*



Use your
cell phone
camera

Encourage your colleagues to join!

The department with the most participants completing the challenge will receive a recognition certificate.

Talk to a Health Coach

Call toll-free: **866-939-4721**

Monday through Friday, 8 AM to 8 PM, CT

You can also visit:

www.MyActiveHealth.com/Mississippi



Wellness programs are sponsored by Mississippi's State and School Employees' Health Insurance Plan's health initiative, Motivating Mississippi–Keys to Living Healthy and ActiveHealth Management, the Plan's wellness vendor.

Services are provided by ActiveHealth Management, Inc. Our programs, care team and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.

*Prize drawing Rules: No purchase necessary. A purchase will not increase your chances of winning. Legal residents of the 50 United States (D.C.) 18 years and older are invited by the sponsor to participate. Void where prohibited. Sponsor: ActiveHealth Management, Inc.