

Your ActiveHealth Management Resources

Motivating Mississippi – *Keys to Living Healthy* is the State and School Employees' Health Insurance Plan's wellness and preventative health program. Working with ActiveHealth Management, the Plan's health management vendor, we are dedicated to providing Plan participants with the tools and resources to help them lead healthier lives.

About ActiveHealth Management

ActiveHealth Management is passionate about helping everyone achieve their best health and focused on providing resources to assist participants in meeting their personal health goals. Services provided by ActiveHealth are included at no additional charge to Plan participants.

FREE Health Coaching Services by Telephone

- ✓ **Chronic Condition Management** Do you have a chronic condition such as diabetes, heart disease or asthma? You can have a registered nurse as your personal health coach. This one-on-one support doesn't replace your doctor; it's just a little extra help from a nurse who's available on your schedule.
- ✓ **Weight Management** If you're struggling with your weight, and your BMI is 30 or higher, this program can help you take control of your fitness and nutrition for long-term weight management.
- ✓ **Tobacco Cessation** Whether you smoke, chew or dip, the program offers the one-on-one support and resources you need to lead a tobacco-free life. You'll work with a health coach who will provide the support you need. You may even be eligible for free tobacco cessation medications.

Call us at: 1-866-939-4721

MyActiveHealth.com At the center of your *Plan* is a powerful personal health and wellness website. Visit this website for tools designed to help you reach your health goals. These include the Health Assessment, a Personal Health Record, Digital Coaching and much more! Be sure to check out your MyActiveHealth website at www.MyActiveHealth.com/Mississippi

Health Assessment This short questionnaire helps you find ways to improve your health and wellbeing. You will be able to complete the questionnaire online at www.MyActiveHealth.com/Mississippi.

Digital Coaching Designed to inspire, motivate and introduce healthy lifestyle actions to your daily routine, digital coaching provides all the advantages of free private coaching at your own pace. With over 150 topics, you will start to build healthy habits one step at a time. Members will discover fun, interactive health tools and resources by visiting www.MyActiveHealth.com/Mississippi. Digital coaching features insightful articles, games, videos and more to keep you on the path to a happier, healthier you, all available 24/7 from your laptop, tablet or smartphone.