

2021-2022

# Check out the MMEBG Wellness Program

Rewards, challenges, recipes, and more



Mid-Missouri Educational Benefit Group

## Create an account

1. Visit [mmebg.livehealthyignite.com](https://mmebg.livehealthyignite.com)
2. Select **JOIN NOW** and follow the onscreen prompts.
3. Your employee ID is your Anthem Member ID without the first three letters.

## Returning user

If you are a returning user, enter your username and password.

*I have had a lot of fun participating in Group Challenges. Although indeed challenging at times, I have increased my overall strength,*

*learned I enjoy yoga, and lost 7 pounds in the process! Looking forward to the next Challenge!"*

## Questions? Contact:

[info@navigatewell.com](mailto:info@navigatewell.com)  
(888) 282-0822

## Online tools and resources to improve your health

Visit your wellbeing portal to take advantage of these fantastic resources. Platform benefits include:



Earn

- Encourage healthy behavior with our incentive tracker to earn rewards for improving your health. Review your program overview to learn more.



Learn

- Video Learning Courses on topics covering mental, emotional, and physical health.
- Group challenges with your peers, personal challenges to help you on your journey, Snap Challenges to spark healthy competition—you can even compete with friends by adding stakes to the challenge.



Engage

- Track steps, activity, nutrition, and more by syncing an app or device, using the Navigate Wellbeing app, or entering the info manually.
- Recognize teammates on the social wall, browse recipes and workouts, or schedule events. Use these robust online tools to live your happiest, healthiest life.

