

Get started on your ActiveHealth challenge



Looking for a fun way to improve your health? Take part in an adventure-themed activity to help you achieve your goals. You can start a group challenge to own the leaderboard, or join a group challenge with your work friends. If you want to challenge yourself, get ready for a journey on your own.

Here are some tips to get moving toward the finish line.

How can I join a personal or group challenge?

Sign in to MyActiveHealthSM and click on the [Challenges](#) tab. Then select [Available](#). Under the [Adventure](#) challenges, choose one of the cards like Run Route 66. Select group or personal to get started.

Are personal and group challenges limited to the Adventure challenges? Can I create my own?

You can create personal and group challenges within the Adventure challenges. You can make your own too if you're feeling creative.

How can I create a custom personal or group challenge?

Choose the [Create challenge](#) option. You'll set the start and end dates and daily goals. After you complete a challenge, you can start a new one.

How do I invite my work friends? Is this limited to members only? Can any employee with a MyActiveHealth account be invited?

You can share a challenge link to invite anyone who has access to MyActiveHealth. They'll need to register for an account if they haven't already. Then they'll be able to join the challenge.

How will I get the trivia questions?

Trivia questions are part of the Adventure challenges. The questions will be on your dashboard when you reach milestones.

What is the maximum number of members who can participate in a challenge?

There's no limit on how many you can add. It can be hard to manage with too many people, though. We think 10 is a good number of members for the challenges.

**Questions? We're here to help. Call 1-888-741-3390,
Monday – Friday, 8 AM to 8 PM CT.**

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