



ACTIVITY TABLES

We all have stress. The key is to be able to spot it and manage it. Be sure to stop by the ActiveHealth activity table this month. You'll learn some tips and tricks to deal with stress. And have some fun at the same time.

When and where	Activity	Description
October 5, 2021 10 AM – 1 PM IGC South Cafeteria	Game: Who wants to lower stress	What do you know about lowering stress? Test your knowledge and find out.
October 14, 2021 10:30 AM – 2 PM Statehouse Market	Stress survival kit	Who wouldn't love a survival kit for daily stressors? Come talk about what helps you relieve stress. And leave with a visual takeaway.
October 19, 2021 10 AM – 1 PM IGC South Cafeteria	Color yourself calm	Did you know that you don't have to be still to meditate? You can calm your mind and still move your body. Get lost in a repetitive motion. It's active meditation and coloring is a great example.

You can also learn how you can earn \$125 in gift card rewards when you complete a health assessment and annual wellness visit in 2021.

- You must complete your activities by November 30 on MyActiveHealth.com/StateofIndiana.
- Wellness visits are considered complete when results are visible in the ActiveHealth portal.
- Your e-gift card is redeemable once the activity shows as completed.
- It may take up to four weeks for it to show that your wellness visit is complete. It depends on which wellness visit option you choose.

Services are provided by ActiveHealth Management, Inc. Our programs, care team and care managers do not diagnose or treat members. 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.





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This time of year can be tricky. There are a lot of tempting treats around. And it can be challenging if you're trying to eat a healthy diet. Come learn some tips and tricks to help you stay on track. And have some fun!

When and where	Activity	Description
November 4, 2021 10 AM – 1 PM IGC South Cafeteria	Healthy Halloween	Leftover Halloween candy? A little goes a long way. Come see if you can spot the tricks and treats.
November 9, 2021 10 AM – 1 PM IGC South Cafeteria	Holiday calorie comparison	Do you wait all year for your favorite holiday treat? Most of us do! Before you serve it up, think about how long you might have to move to burn it off. Don't give up though. Some simple changes can help you continue to enjoy them.
November 18, 2021 10 AM – 1 PM IGC South Cafeteria	What is metabolism?	Can you tell what's fact and what's fiction when it comes to your metabolism? Come find out.

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