

MMHG Wellness



Every four years, the world stops to watch. This summer, it's your turn to play.

June 8th—July 19th

WIN RAFFLE PRIZES!

The Summer Of Soccer Challenge brings the spirit of the 2026 FIFA World Cup™ to the MMHG Wellness program as the first-ever 48-team tournament kicks off across the United States, Mexico, and Canada. Just like the world's best teams compete for glory on the pitch, MMHG member unit teams will go head-to-head to climb the leaderboard and claim the top spot.

Teams will earn Wellable Points in three ways:

1. logging physical activity to stay match-fit
2. completing World Cup trivia challenges packed with fun facts about legendary goals, historic upsets, and unforgettable tournament moments
3. practicing Match Day Moves, mini soccer-based workouts designed and led by a professional soccer player.

Participants will also receive weekly highlight reels showcasing the greatest moments in World Cup history, from last-minute winners and underdog upsets to the goals, saves, and celebrations that defined entire tournaments. Whether you are a lifelong soccer fan or just love a good competition, this challenge will keep you moving, learning, and engaged all tournament long!

How to Participate

If you already have a MMHG/Wellable Account, you're all set! Just **log in** and check the bulletin board after June 1st for information.

Create a MMHG/Wellable Account at <https://app.wellable.co/mmhg>. Once registered, you'll receive instructions on how to connect & get started.

Having Trouble?

Contact support@wellable.co or wellness@mmhg.org

Participation in the Summer of Soccer Challenge is FREE and open to all employees & retirees of MMHG member units and their dependents age 18+.

There are 3 Ways to Win!

1. Weekly Raffle June 15, 22, 29 & July 6, 14, 20

Participants will be entered into a raffle to win a **\$25 Gift Card Voucher**

2. Grand Prize Raffle July 20th

5- \$50 Dick's Sporting Goods Gift Cards

3. Team Prizes July 20th

The MMHG member unit team that earns the most Wellable points during the challenge will win a *prize* for each team member. We'll choose another team randomly by raffle to win the same prize too!

Always check with your medical provider before making changes to your exercise or diet routine.