



# EUTF VIRTUAL WELLNESS FAIR

Play BINGO!

Discover health plan benefits and activities to enhance health and well-being!

## BINGO!

- Go to the WELLNESS STATIONS page to find the activities listed below.
- Complete at least one activity in a square and then check it off.
- Get a horizontal, vertical or diagonal BINGO and complete the EXIT SURVEY to be entered in the prize drawing.
- **BINGO CARDS ARE NOT COLLECTED.** Cards are a tool to help you keep track of your progress.

<p><b>AGING WELL</b></p> <p>Watch the Blue Zones video "What's the Secret to Longevity"?</p>	<p><b>KNOW YOUR NUMBERS</b></p> <p>Calculate your BMI</p> <p>Know your blood pressure numbers</p>	<p><b>GET CHECKED OUT</b></p> <p>Schedule your annual wellness exam</p> <p>Learn about virtual doctor visits</p>	<p><b>PEACE OF MIND</b></p> <p>Learn about advance care planning at MyDirectives</p>	<p><b>EMOTIONAL WELL-BEING</b></p> <p>Explore the event calendar for activities at the virtual Neighborhood Centers</p>
<p><b>GET CHECKED OUT</b></p> <p>Schedule your dental exam</p> <p>Visit the HDS oral health library</p>	<p><b>HEALTH ASSESSMENT</b></p> <p>Call 1-888-445-3389 to take the 9-question Medicare health assessment</p>	<p><b>CHALLENGES</b></p> <p>Plan to join at least one wellness challenge this year</p>	<p><b>VACCINATION INFO</b></p> <p>Know your risk for pneumonia</p> <p>Learn about the flu shot</p>	<p><b>HEALTHY HABITS</b></p> <p>Learn about the Silver Sneakers program</p> <p>Visit Go365 website</p>
<p><b>PEACE OF MIND</b></p> <p>Review options to get care when your doctor is not available</p>	<p><b>HEALTHY HABITS</b></p> <p>Learn about the health coaching program</p>	<p><b>Humana Free Space</b></p>	<p><b>GET CHECKED OUT</b></p> <p>Chose a doctor using the search tool</p> <p>Learn about options to get care</p>	<p><b>AGING WELL</b></p> <p>Practice the 6-tips</p> <p>Identify 2 things to keep your brain working its best</p>
<p><b>VACCINATION INFO</b></p> <p>Read the frequently asked questions about COVID-19 vaccine</p>	<p><b>AGING WELL</b></p> <p>Try stretches for better balance</p> <p>Get fall prevention tips</p>	<p><b>GET CHECKED OUT</b></p> <p>Remember to schedule your annual eye exam</p> <p>Visit VSP "Ask an Eye Doctor"</p>	<p><b>CONDITION CONTROL</b></p> <p>Sign up for health care reminders</p> <p>Talk to your doctor about preventive screenings</p>	<p><b>PEACE OF MIND</b></p> <p>Review your Securian life insurance benefit</p> <p>Designate your beneficiary</p>
<p><b>MUSCLES, BONES, TENDONS</b></p> <p>Explore how to sign up for the health coaching program</p>	<p><b>CONNECT ONLINE</b></p> <p>Set up an account with Humana and/or your other plan accounts</p>	<p><b>CONDITION CONTROL</b></p> <p>Discover resources for an ongoing health condition</p> <p>View MyDiabetesPath website</p>	<p><b>KNOW YOUR NUMBERS</b></p> <p>Take the diabetes risk test</p> <p>Know when to get your cholesterol checked</p>	<p><b>HEALTHY HABITS</b></p> <p>Register for a virtual wellness event</p> <p>Learn about the health coaching program</p>