



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>AGING WELL</p> <p>Watch the Blue Zones video "What's the Secret to Longevity"?</p>	<p>KNOW YOUR NUMBERS</p> <p>Calculate your BMI</p> <p>Know your blood pressure numbers</p>	<p>GET CHECKED OUT</p> <p>Schedule your preventive exams with primary care, dental and eye doctors</p>	<p>PEACE OF MIND</p> <p>Watch the advance care planning video</p> <p>Discover ACP resources</p>	<p>EMOTIONAL WELL-BEING</p> <p>Learn about mental health services</p> <p>Take an assessment</p>
<p>GET CHECKED OUT</p> <p>Watch the colorectal cancer video</p> <p>Check for overdue screening tests</p>	<p>HEALTH ASSESSMENT</p> <p>Take the Total Health Assessment</p>	<p>CHALLENGES</p> <p>Plan to join at least one wellness challenge this year</p>	<p>VACCINATION INFO</p> <p>Find recommended immunizations</p> <p>Locate where to get a flu shot</p>	<p>HEALTHY HABITS</p> <p>Attend a Healthy Balance orientation</p> <p>Learn about the Fit Rewards program</p>
<p>PEACE OF MIND</p> <p>Add 24/7 advice & urgent care center phone numbers to your phone contacts</p>	<p>HEALTHY HABITS</p> <p>Discover how to get a better sleep</p>	<p>HEALTHY HABITS</p> <p>Contact or refer a friend to the Quitline</p> <p>or</p> <p>Free Space</p>	<p>GET CHECKED OUT</p> <p>Chose a doctor using the search tool</p> <p>Learn about options to get care</p>	<p>AGING WELL</p> <p>Practice the 6-tips</p> <p>Identify 2 things to keep your brain working its best</p>
<p>CONDITION CONTROL</p> <p>Explore the health topics encyclopedia</p> <p>View Type 2 Diabetes resources</p>	<p>AGING WELL</p> <p>Try stretches for better balance</p> <p>Get fall prevention tips</p>	<p>GET CHECKED OUT</p> <p>Visit the HDS oral health library</p> <p>Visit VSP "Ask an Eye Doctor"</p>	<p>CONDITION CONTROL</p> <p>Read about comprehensive care for chronic conditions</p>	<p>PEACE OF MIND</p> <p>Review your Securian life insurance benefit</p> <p>Designate your beneficiary</p>
<p>MUSCLES, BONES, TENDONS</p> <p>Check out your chiropractic benefit</p> <p>Learn the benefits of physical therapy</p>	<p>CONNECT ONLINE</p> <p>Register for KP.org and/or other plan accounts</p>	<p>CONDITION CONTROL</p> <p>Watch a video to learn about blood pressure control</p>	<p>KNOW YOUR NUMBERS</p> <p>Take the diabetes risk test</p> <p>Know when to get your cholesterol checked</p>	<p>HEALTHY HABITS</p> <p>Register for a virtual wellness event</p> <p>Learn about wellness coaching</p>