EUTF VIRTUAL WELLNESS FAIR

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

**BINGO!**

- Complete at least one activity in a square and then check it off.
- Get a horizontal, vertical or diagonal BINGO to be entered in the prize drawings.
- Visit the EXIT SURVEY to report the number of BINGOs on your card. BINGO CARDS ARE NOT COLLECTED.
- Get 2 or more BINGOs and be entered twice!

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### AGING WELL
- Watch the Blue Zones video "What’s the Secret to Longevity?"
- Add 24/7 advice & urgent care center phone numbers to your phone contacts
- Try stretches for better balance
- Explore the health topics encyclopedia
- View Type 2 Diabetes resources
- Check out your chiropractic benefit
- Learn the benefits of physical therapy

### KNOW YOUR NUMBERS
- Calculate your BMI
- Know your blood pressure numbers
- Contact or refer a friend to the Quitline or Free Space
- Take an assessment
- Discover how to get a better sleep
- Discover how to get a better sleep
- Discover how to get a better sleep

### GET CHECKED OUT
- Schedule your preventive exams with primary care, dental and eye doctors
- Vist the HDS oral health library
- Get fall prevention tips
- Check for overdue screening tests
- Register for KP.org and/or other plan accounts
- Visit VSP “Ask an Eye Doctor”

### PEACE OF MIND
- Watch the advance care planning video
- Discover Type 2 Diabetes resources
- Review your Securian life insurance benefit
- Designate your beneficiary
- Look at your dental benefits
- Learn about the Fit Rewards program
- Practice the 6-tips
- Add 24/7 advice & urgent care center phone numbers to your phone contacts

### EMOTIONAL WELL-BEING
- Learn about mental health services
- Take an assessment
- Identify 2 things to keep your brain working its best
- Take the diabetes risk test
- Know when to get your cholesterol checked
- Learn about wellness coaching

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Virtual wellness fair inquiries contact us at eutfwellness@hawaii.gov

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