



EUTF VIRTUAL WELLNESS FAIR

The VWF is designed to promote EUTF plan benefits. If you are not an EUTF member, a number of activities at the fair may not apply to you. However, we have attempted to design a generic card that includes a number of resources and activities that you can engage in that are not plan specific provided by our plan carriers.

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>Review your medical plan and schedule your exams</p>	<p>PEACE OF MIND</p> <p>Watch the video "Why advance care planning is important"</p>	<p>EMOTIONAL WELL-BEING</p> <p>Visit the additional resources tab</p>
<p>GET CHECKED OUT</p> <p>Schedule your dental exam</p> <p>Visit the HDS oral health library</p>	<p>HEALTH ASSESSMENT</p> <p>Take the RealAge test. Open to everyone, not just HMSA members</p>	<p>CHALLENGES</p> <p>Plan to join at least one wellness challenge this year</p>	<p>VACCINATION INFO</p> <p>Know your risk for pneumonia</p> <p>Learn about the flu shot</p>	<p>HEALTHY HABITS</p> <p>Learn tips and activities for falling and staying asleep by Kaiser</p>
<p>PEACE OF MIND</p> <p>Understand your plans' options to get care when your doctor is not available</p>	<p>HEALTHY HABITS</p> <p>Review the upcoming Blue Zones virtual events open to all</p>	<p>FREE SPACE</p>	<p>GET CHECKED OUT</p> <p>View the video "Easy colon cancer screening at home"</p>	<p>AGING WELL</p> <p>Practice the 6-tips</p> <p>Identify 2 things to keep your brain working its best</p>
<p>VACCINATION INFO</p> <p>Read CDC key things to know about COVID-19</p>	<p>AGING WELL</p> <p>Try stretches for better balance</p> <p>Get fall prevention tips</p>	<p>GET CHECKED OUT</p> <p>Remember to schedule your annual eye exam</p> <p>Visit VSP "Ask an Eye Doctor"</p>	<p>CONDITION CONTROL</p> <p>Take a look at the blood pressure guide provided by HMSA</p>	<p>PEACE OF MIND</p> <p>Understand your plans' life insurance benefit</p>
<p>MUSCLES, BONES, TENDONS</p> <p>Review the Dr. Sheehan video about back health</p>	<p>CONNECT ONLINE</p> <p>Plan to set up an EUTF account when available</p>	<p>CONDITION CONTROL</p> <p>Take a look at the diabetes resource guide by HMSA</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>Review the on-demand library</p>