

HEALTHY

BINGO

Name _____

Department _____

H	E	A	L	T	H	Y
Turn the computer, TV and phone off for at least 4 “at home” hours.	Track your steps for one week (Pedometers available in HR).	Schedule your Wellness Screening with CareHere (between 7/1-9/30/15).	Keep track of all the food you eat and drink for one week.	Register for a walk, run, bike or triathlon competition.	Go one day without eating any added sugar.	Try a new recipe from the CareHere Connect Library.
Take at least two 15 minute breaks each day for 5 days.	Go without meat today; try other sources of protein!	Schedule a get together with a friend or family member.	Dedicate 1 hour a day for one week to “technology free” time.	Visit the “Library” tab at CareHere Connect (you must register first!)	Use sunscreen on your face and hands every day for a week.	Plan a weekend “get away.”
Eat 5 servings of fruit and/or veggies a day for 5 days.	Check out the Allegiance Website at www.abpmtpa.com (you must login first)	Let someone know how much you appreciate them.	Attend an Open Enrollment session or check out the Intranet Benefits site.	Write down one goal for your summer along with steps to accomplish it.	Take a “sweep” through your work space for trip hazards and fix them.	Complete one on-line safety course on the City’s Intranet site.
Do a daily affirmation for one week.	Think of one way a CareHere Health Coach could help you.	Get at least 7 hours of sleep each night for a minimum of 3 days this week.	Check out our EAP at www.myrbh.com (access code: Helena)	Spend 10 minutes practicing conscious relaxation.	Use your seatbelt every time you get in a car for 1 week.	Get your blood pressure checked (HR has a BP monitor!).
Get an estimate of how many calories you need each day.	Find out what your BMI is.	Drink 64 oz. of water daily for 1 week.	Eat a healthy breakfast for 3 days.	Meet a friend for lunch in a park.	Find at least one fire extinguisher and check the expiration date.	Try a new physical activity this week.
Invite a friend for a walk or bike ride.	Organize a space that needs it (desk, closet, car, etc.)	Check the air pressure in your vehicle or bicycle tires.	Discover a new “whole grain” and use it in two meals this week.	Schedule a dental or vision exam for yourself this year? If yes-GREAT!	Enjoy a sunrise or sunset this week.	Do something nice and unexpected for another.
Volunteer to help someone with something they’re having difficulty with.	Change out your toothbrush.	Update any new health information on your CareHere Health Update.	Attend a Wellness or Safety presentation or watch a recording of one.	Keep track of all the food you eat and drink for a second week.	Eat 3 servings of vegetables today.	Buy some new produce at the grocery store and bring it to a BBQ, picnic or other get together.

HEALTHY BINGO

This HEALTHY Bingo Game Card was designed to encourage your participation in a variety of wellness and safety related activities. Leading a healthier lifestyle is a way to improve the quality of our life and help curb rising health care costs!

In addition, we hope this will be the extra push you need to meet or beat your last year's Health Screening and Health Assessment results. **The total incentive could be up to \$300.00!!!**

We will begin on May 4 and continue for 10 weeks, ending on July 10.

Many of the squares may require you to search the internet to complete the task. Here are a few internet sites to help you; but by all means, do some surfing on your own!

- Carehere.com; to schedule your Wellness Screening, update your Health Update, find a health coach, check out information on their Library tab
- Abpmtpa.com; Allegiance website
- Myrbh.com; our Employee Assistance Program-Reliant Behavioral Health
- Myfitnesspal.com; estimate the calories you need in a day
- Supertracker.usda.gov; lots of ideas!!
- huffingtonpost.com/2013/08/04/daily-affirmation-to-stay-positive-_n_3684230.html; daily affirmation article
- CDC.gov/healthyweight/assessing/bmi; find your Body Mass Index
- intranet.helenamt.gov/hr.html; information on City benefits, wellness, safety and LOTS more!

The Rules of the Game

Once you've completed an activity, put a large "X" on the box with the activity you've completed. Most of these are on the honor system ☺.

Complete 7 activities to make a connected line to get a "H-E-A-L-T-H-Y Bingo" down, diagonally or across. You may return one Healthy Bingo card per BINGO that you get. You could have up to 9 separate BINGO cards submitted.

Every Bingo card submitted by the deadline of July 17 will be entered in a random drawing for many prizes! Be sure to PRINT your name and department at the top of the card. Return cards to Morgan in the HR office (paper copies, electronic or faxed cards are acceptable).

Challenge Rewards

Gift certificates to your choice of health and fitness centers or stores in the Helena area

Fitness equipment

Surprises!!

POSITIVE RESULTS AT YOUR NEXT WELLNESS SCREENING = \$\$\$!!!