



HEALTH & WELLNESS BINGO

Complete these health & wellness activities between July 13-17. Check the squares as you complete the activities. Check off five squares in a row, then [submit your completed bingo sheet](#) by Monday, July 20, to be entered into a drawing for a \$25 gift card from Anthem! Winners will be contacted by email.

Submit your completed bingo sheet

Go for a 30-minute walk.	Schedule your 2026 annual physical .	Read a blog post on the Invest In Your Health website .	Access the Employee Assistance Program (EAP) resources: Log into Optum EAP	Try a healthy recipe .
Redeem a gift card from the Mobile Health Rewards Center.	Drink at least 64 ounces of water daily for a week.	Read about Wellness Champions and find your agency's representative.	Log in to the Calm Health app to access mental health resources.	Stretch for at least 15 minutes each day this week.
Make a meal plan for one week.	Schedule your 2026 preventive screenings .	Set a health goal for yourself. Submit your response here .	View the Maximize Your Program webinar .	Try a new exercise .
Use sunscreen before you spend time outside.	Try 2 new fruits this week.	Try a deep breathing exercise.	Submit a story about yourself or a coworker who is taking steps to improve their health	Schedule a health coaching session by calling your Family Advocate at 877-814-9709.
Track your sleep for one week.	Visit the Run the State Series webpage .	Complete a wellness activity and earn a wellness reward.	View the Tobacco Cessation resources and make a quit plan.	Eat 2+ servings of vegetables each day for one week.