



WELLNESS BINGO

Let's have some fun! Play some wellness BINGO and gain chance to win prizes. For each row, column or diagonal that you complete you get 1 entry into the drawing for prizes. You must complete one full row, column, or diagonal to enter the drawing and if you complete the entire card, you will get 10 entries into the prize drawing.

Clutter creates stress so declutter a room in your home. This could include cleaning out your car if it is cluttered.	Start an Auto Savings plan **	Eat 5 servings of fruit or veggies a day, for 5 days.	Drink a fruit or veggie smoothie with hydrating fruit or veggies ***	RELAX – watch a funny movie, read a book, wittle, complete a puzzle, color, etc.
Try a relaxing exercise such as Yoga or Tai Chi or gentle stretching, 3 times.	Track your blood pressure for 5 days.	Eat/Pack a healthy lunch, for 3 days.	Drink 64 ounces of water a day, for 5 days	Learn something new.
Listen to calm music for 15 minutes a day, for 5 days.	Participate in the 401K or HSA to reap the tax advantages. **	Try a new fruit or veggie, 3 times.	Eat 1 hydrating fruit a day, for 5 days ***	Sign up for iPrevail or Happify through Cigna. You can also access iPrevail via ManTherapy.org *****
Meditate at least 10 minutes a day, for 5 days *	Schedule Wellness Visit in preparation for Wellness Visit Premium Credit.	Drink a fruit or veggie smoothie ***	Exchange a soda or cup of coffee for a glass of water a day, for 5 days	Do deep breathing for 3 minutes a day, for 5 days *
Optimize sleep - no electronics for 1 hour before bed, for 5 days.	Learn more about finances. Read a financial wellbeing article or take a class. **	Give a compliment to 3 coworkers.	Eat 1 hydrating veggie a day, for 5 days ***	Meditate at least 10 minutes a day, for 5 days *

Once you have completed as many rows, columns or the entire card as you intended then enter your name, employee number, sign the card and submit via email to nachziger@lprconstruction.com by May 31, 2021

Employee Name: _____ Employee Number: _____

Employee Signature: _____

Below are some resources that you can use to complete tasks on your Wellness BINGO card. They are not all encompassing so you may use other resources.

RESOURCES

* Meditation and Deep Breathing Resources:

https://www.uclahealth.org/marc/body.cfm?id=22&iirf_redirect=1

<https://insighttimer.com/>

Breathe2Relax App

** Financial Well-being Resources:

<https://www.lprconstruction.com/wellness/overall-wellbeing/financial-well-being/>

<https://www.daveramsey.com/blog/the-secret-to-saving-money>

401K - www.netbenefits.com

Health Savings Account (HSA) - www.netbenefits.com

*** Healthy Eating and Hydrating fruits and veggies Resources:

<https://www.lprconstruction.com/wellness/recipes/super-hydrating-foods-its-whats-for-lunch/>

https://www.nutribullet.com/recipes/#recipe_type=Smoothies

<https://www.tasteofhome.com/collection/easy-30-minute-vegetarian-dinners/>

[https://lifepa.com/foods-for-](https://lifepa.com/foods-for-hydration/?inf_contact_key=2cd2c48a8f035e965adcdbd41f8b50f297e470d92b8b75168d98a0b8cac0e9c09)

[hydration/?inf_contact_key=2cd2c48a8f035e965adcdbd41f8b50f297e470d92b8b75168d98a0b8cac0e9c09](https://lifepa.com/foods-for-hydration/?inf_contact_key=2cd2c48a8f035e965adcdbd41f8b50f297e470d92b8b75168d98a0b8cac0e9c09)

**** Stress and Mental Health Resources:

<https://mantherapy.org/featured-partners/ipreval-online-self-paced-support>

<https://mantherapy.org/>

To access iPrevail and Happify, log in to myCigna.com and scroll down for direct links.