

# WELLNESS BINGO

## CHALLENGE

# B I N G O

<p><b>1</b> <b>ARE YOU SATISFIED?</b></p> <p>After completing a wellness consultation, complete the patient satisfaction survey.</p>	<p><b>2</b> <b>YOU ARE WHAT YOU EAT</b></p> <p>Log what you eat and drink for one day. Submit your log.</p>	<p><b>3</b> <b>TAKE A BREATH</b></p> <p>Download the Calm App and take three deep breaths.</p>	<p><b>4</b> <b>BUILD YOUR CORE</b></p> <p>Hold a plank position three times for 30 seconds each. Do this for at least one day.</p>	<p><b>5</b> <b>WE LOVE HEARING FROM YOU</b></p> <p>Submit a comment/suggestion about the fitness or health center.</p>
<p><b>6</b> <b>FLU FIGHTER</b></p> <p>Get a flu shot between 10/1/21-2/25/22 and submit your completed date.</p>	<p><b>7</b> <b>TAKE A TOUR</b></p> <p>Contact Lindsay to schedule a Fitness Center Orientation at 715-679-8356.</p>	<p><b>8</b> <b>GET YOUR GREENS</b></p> <p>Start lunch or dinner with a colorful salad at least 1 day.</p>	<p><b>9</b> <b>HUSTLE FOR THE MUSCLE</b></p> <p>Sign up and complete one workout in the Fitness Center.</p>	<p><b>10</b> <b>BE NURTURED BY NATURE</b></p> <p>Take a 30-minute walk in nature. Bundle Up!</p>
<p><b>11</b> <b>STAY IN GOOD HEALTH</b></p> <p>Schedule a Physical or COVID-19 vaccination at the Health Center. Submit the date.</p>	<p><b>12</b> <b>SOMETHING'S FISHY</b></p> <p>Eat fish twice a week for at least one week.</p>	<p><b>13</b></p> <p><b>FREE ★ SPACE</b></p>	<p><b>14</b> <b>BE HAPPY!</b></p> <p>Think of 3 people you are grateful for and tell them.</p>	<p><b>15</b> <b>TAKE A BREAK</b></p> <p>Eliminate soda, caffeine, and alcohol for one day. Did you feel any differently?</p>
<p><b>16</b> <b>SWEET DREAMS</b></p> <p>Sleep 7+ hours.</p>	<p><b>17</b> <b>START WHERE YOU ARE</b></p> <p>Schedule a Fitness Assessment with Lindsay, call: 715-679-8356.</p>	<p><b>18</b> <b>BE THERE OR BE SQUARE</b></p> <p>Attend the virtual group exercise class on February 14. Register online.</p>	<p><b>19</b> <b>YOU ARE WHAT YOU EAT</b></p> <p>Grab a healthy recipe from the fitness center and make it.</p>	<p><b>20</b> <b>JOIN THE FUN</b></p> <p>Attend a monthly Healthy Habits lunch &amp; learn facilitated by Lindsay. (last Tues. of month)</p>
<p><b>21</b> <b>BE WELL</b></p> <p>Schedule a 60-min Wellness Consultation with Lindsay, call: 715-679-8356.</p>	<p><b>22</b> <b>FOOD FOR THE SOUL</b></p> <p>Get 2 servings of vegetables at dinner at least one night.</p>	<p><b>23</b> <b>TAKE A BREAK</b></p> <p>Log off all electronics one hour before bed. Did you fall asleep faster?</p>	<p><b>24</b> <b>FRUIT FOR LIFE</b></p> <p>Include a serving of fruit in your lunch at work at least 1 day.</p>	<p><b>25</b> <b>GET SMART</b></p> <p>Set your SMART goals with Lindsay. Call her at: 715-679-8356.</p>

**TO PLAY:** Register for the Wellness Bingo Challenge at [myquadmed.com/GHBingo](https://myquadmed.com/GHBingo)

Turn over for additional instructions.

**GREENHECK**  
HEALTH & FITNESS CENTER  
MANAGED BY

 QuadMed

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## CHALLENGE

### CHALLENGE DETAILS

#### WHEN

January 17 - February 25

#### WHO

Wisconsin team members and spouses on a Greenheck Group medical plan.

#### WHAT

By February 25, complete the challenges for a traditional Bingo (5 in a row) or a black out Bingo (all squares). See prizes for more details.

#### HOW

Submit the challenge photos, screenshots, daily logs, etc. AND your completed BINGOs at: [myquadmed.com/GHBingo](http://myquadmed.com/GHBingo). BINGO submissions due Friday, February 25.

#### Instructions by BINGO Square

- 1 Must first complete squares 7, 17, 21 or 25. After the visit, you'll receive an email to complete a satisfaction survey.
- 2 To log food and drink, use a device or app and submit a screenshot. Or use a Word document and attach the file when submitting your Bingo.
- 5 Use this link ([myquadmed.com/provide-a-testimonial](http://myquadmed.com/provide-a-testimonial)) to give QuadMed feedback on our services. We love suggestions, as well as any success stories you may have from using our services.
- 6 Submit the date of your flu shot at this link: [myquadmed.com/GHBingo](http://myquadmed.com/GHBingo)
- 11 Submit the date of your physical or COVID-19 vaccination/booster at this link: [myquadmed.com/GHBingo](http://myquadmed.com/GHBingo)
- 18 Visit [myquadmed.com/GH/Classes](http://myquadmed.com/GH/Classes) to register for virtual group exercise classes. When you log into each Zoom class, sign in using your full name so that Lindsay can take accurate attendance and give you credit.
- 20 Visit [myquadmed.com/GHClasses](http://myquadmed.com/GHClasses) to register for a Healthy Habits lunch & learn. These events typically take place virtually from noon to 1 p.m on the last Tuesday of the month. Various health topics are presented and discussed.

#### PRIZES

Complete five in a row and be entered into a drawing for JLab Wireless Earbuds. (value \$100)



Complete all squares and be entered into a drawing for a Fitbit Inspire HR .



### SUBMISSIONS

Enter completed BINGOs and any documentation at: [myquadmed.com/GHBingo](http://myquadmed.com/GHBingo).

You can enter your challenges as you do them or all at once.

All BINGOs must be submitted by Friday, February 25.