# WELLNESS BINGO CHALLENGE

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

**TO PLAY:** Register for the Wellness Bingo Challenge at myquadmed.com/GHBingo





# **CHALLENGE DETAILS**

# **WHEN**

January 17 - February 25

### **WHO**

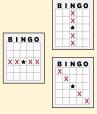
Wisconsin team members and spouses on a Greenheck Group medical plan.

#### 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.

#### **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.



#### HOW

Submit the challenge photos, screenshots, daily logs, etc. AND your completed BINGOs at: 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) 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
- 11 Submit the date of your physical or COVID-19 vaccination/booster at this link: myquadmed. com/GHBingo
- 18 Visit 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 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.

# **SUBMISSIONS**

Enter completed BINGOs and any documentation at: 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.