

# WELL-BINGO!

Complete the Well-being Month activities for one or more bingo lines (straight and/or diagonal) to be entered into a drawing.

## [Download the Well-BINGO card here](#)

Scan and send your card to [teamexperience@cookchildrens.org](mailto:teamexperience@cookchildrens.org) by **Wednesday, September 4th**

Complete:

4 bingo lines: entered into the drawing for a \$100 gift card (up to 3 winners)

3 bingo lines: entered into the drawing for a \$50 gift card (up to 5 winners)

2 bingo lines: entered into the drawing for a \$25 gift card (up to 10 winners)

1 bingo line: entered into the drawing for a \$10 gift card (up to 20 winners)

# Well-Bingo

Name:

Employee ID #:

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|                                                                                                                                      |                                                                                                                                              |                                                                                                                                                     |                                                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| Schedule time for your favorite self-care activity this month. Ex massage, walk or run, favorite hobby, time in nature, etc.         | Complete your benefits enrollment. Not using Cook medical benefits? Review the booklet to see other offerings available to all employees.    | Smile and say hi to someone you don't know.                                                                                                         | Challenge a work buddy to take part in Well-Bingo with you and complete squares together.               |
| Each day write down 1 thing that makes you happy/thankful. At the end of the week, find ways to add more of that into your schedule. | Write down your spending for a week.                                                                                                         | Try a meditation/reflection. Available in the Virgin Pulse app under media.                                                                         | Choose a physical activity you enjoy and do it 2 times this week.                                       |
| Go for a walk 1x per week this month.                                                                                                | Put your phone on <b>Do Not Disturb</b> for a minimum of 30 minutes, 1x week for the month.                                                  | Take a virtual or in-person self-care class this month. See the link on the scroll to view the schedule. On demand viewing links will be available. | Go to the Beat the Heat Treat event at your location. Unable to attend, treat yourself to a cool treat! |
| Download the Virgin Pulse app and make an account. Already a member? Complete your daily cards each day to earn points.              | Take 5 minutes to stretch each week this month. Or take part in 1 virtual stretch break via Zoom this month. Email Wellness Zone for invite. | Drink 8-12 cups of water today.                                                                                                                     | Pick 1 day this month for a "no spend" day.                                                             |