

SELF-CARE JULY EDITION

Binga

SEND YOUR CARD TO YOUR SAMANTHA.SIMPSON@EVERNORTH.COM TO BE ENTERED IN TO WIN
A CHOICE OF AN OIL DIFFUSER, BATH BOMBS SET, OR WHITE NOISE SLEEP MACHINE!

GET DRESSED OUT FOR 5 DAYS IN A ROW	ATTEND COOKING CLASS WITH SAMANTHA ON 7/13/2021	TAKE A 15 MIN NAP	WATCH 1 WEBINAR ON MNPSHEALTH.ORG	COMPLIMENT MYSELF DAILY FOR 1 WEEK
SAY NO	5 SERVINGS OF FRUITS/VEGGIES DAILY FOR 1 WEEK	ELIMINATE SCREEN TIME 1 HOUR BEFORE BED	TRY SOMETHING NEW	BREAK A HABIT
FLOSS DAILY FOR 1 WEEK	SCHEDULE ANNUAL CHECK UP WITH PROVIDER	Free	TAKE A SOCIAL MEDIA BREAK FOR 3 DAYS	EXERCISE 3 TIMES AT LEAST 30 MIN
COMPLETE HRA ON MYCIGNA.COM	GET 6-8 HOURS OF SLEEP DAILY FOR 1 WEEK	DO SOMETHING YOU LOVE	REFER A FRIEND FOR HEALTH COACHING	WEAR SUNSCREEN DAILY FOR 1 WEEK
TAKE A MENTAL HEALTH DAY	SIGN UP FOR HEALTH COACHING	REREAD A NICE NOTE FROM A STUDENT	DRINK MINIMUM 64 OZ. OF WATER DAILY FOR 1 WEEK	SPEND TIME OUTDOORS FOR AT LEAST 10 MINS A DAY FOR 1 WEEK

*WEBINARS ARE OFFERED VIA
[HTTPS://WWW.MNPSHEALTH.ORG/WEBINARS*](https://www.mnpshealth.org/webinars)

THE RULES OF HEALTHY BINGO

WHAT IS IT?

HEALTHY BINGO IS A MONTH-LONG CHALLENGE DESIGNED TO ENCOURAGE YOU TO TRY A VARIETY OF ACTIVITIES TO IMPROVE YOUR WELL-BEING. THIS IS A FUN WAY TO EXPERIENCE AND LEARN NEW WAYS TO LIVE A HEALTHIER, HAPPIER LIFESTYLE.

HOW DOES IT WORK?

1. COMPLETE AS MANY HEALTHY ACTIVITIES AS YOU CAN DURING THE MONTH.
2. AS YOU COMPLETE AN ACTIVITY, MARK OFF THE RELEVANT SQUARE.
3. JUST LIKE BINGO, YOU “WIN” BY COMPLETING FIVE ACTIVITIES IN A ROW – VERTICALLY, HORIZONTALLY OR DIAGONALLY.
4. IF A PRIZE IS OFFERED BY YOUR EMPLOYER, YOU WILL RECEIVE ONE ENTRY FOR EVERY BINGO ROW YOU COMPLETE,
5. UP TO FIVE ENTRIES PER PERSON.

START DATE: THURSDAY, JULY 1, 2021

END DATE: SATURDAY, JULY 31, 2021

BINGO CARDS DUE BACK NO LATER THAN FRIDAY, AUGUST 6, 2021