

# SLPS WELLNESS Bingo


## How to complete health actions and win prizes

Check off a box every time you perform one of the activities. Earn a **BINGO** by completing **five in a row**. The first **20 participants to submit a bingo card will receive a prize!** Earn **TWO bingos** and be entered for the grand prize drawing!

SLPS Wellness Bingo will run from **Monday, February 10th** through **Wednesday, March 5th**. Employees may complete health actions on the bingo card and put an “X” in each box that is completed. Bingo cards will be **accepted until 5pm on Thursday, March 6th** to be considered for prizes.

You will need to provide proof of all activities to be considered for the prize. Please see details for each activity under the **Health Action Square Information section**.

Bingo cards and photos may be sent to [Leah\\_Hammel@uhc.com](mailto:Leah_Hammel@uhc.com). Please make sure that each “X” is clear, and your contact information is legible. See below for details on how to complete each healthy action.



Employee Name:\_\_\_\_\_

School Location:\_\_\_\_\_

Employee ID:\_\_\_\_\_

Email Address:\_\_\_\_\_

Complete a biometric screening*	Receive a routine vaccine (flu shot*)	Practice self-care	Complete a preventive exam	View the BHC Hands-Only CPR webinar
Download the Optum Assist app	Practice meditation or mindfulness	Have a gym membership or subscribe to One Pass	Spend time with your child or pet	View the SLPS Wellness Program Resources and Tools presentation
Submit a wellness success story	Participate in a fitness challenge	FREE	Complete the Health Survey*	Get an annual checkup*
Submit a Healthy Selfie	Go paperless on myuhc.com*		Submit a healthy recipe that you made	Download the <a href="#">Calm Health App</a>
Discover something new today! Visit the SLPS Benefits Page, explore the resources available, and share your insights with us!	Connect a tracker to UHC Rewards*	Receive a routine dental or vision exam	Email Leah_Hammel@uhc.com to share your suggestions for what you'd like to see done differently at the 2025 Wellness Fair.	Participate in the Earn It Off program

**\*BONUS:**

Actions that have an asterisk also qualify for the UHC Rewards wellness program. Earn up to **\$300** in gift cards for completing health and wellness activities! **Review this flyer for details.** Please note, if you have already completed any of the healthy actions in 2025 (biometric screening, health survey, annual checkup, sleep tracking, connect a tracker, go paperless), you may mark that square as complete.

# Health Action Square Information

**Please provide proof of completion for all activities.** Proof may be a photo/screenshot, document, appointment confirmation, explanation of benefits, or even a description of what you did. Please **do not provide any personal health information**, only confirmation of completion (such as an activity date).

**Complete a biometric screening\***: Schedule an appointment through Let's Get Checked, or take the physician form to your doctor's office for completion. Bonus - earn **\$50** via the UHC Rewards program! Visit [myuhc.com](https://myuhc.com) or download the UnitedHealthcare® app to get started.

**Receive a routine vaccination\***: Vaccines may help to fight against infections and diseases. Depending on your gender, age, and risk-factors, there may be different recommendations. The [CDC](https://www.cdc.gov) is here to help, but always speak with your doctor to discuss what is right for you. Bonus - receive a **flu shot** and earn **\$10** toward UHC Rewards!

**Practice self-care:** It is so important to take time for yourself. Whether you get a massage, read a page-turning book, or get in a satisfying workout, practice self-care today! Not sure where to start? Check out this [list](#) for inspiration.

**Complete a preventive exam:** Complete a recommended preventive screening such as a skin, colorectal, breast or cervical cancer screening. If you have already received one of these preventive screenings since November 2024, you may mark this box as complete. Visit [cancer.org](https://www.cancer.org) or call the American Cancer Society at 1-800-227-2345 for more details.

**View the BHC Hands-Only CPR webinar:** In conjunction with the Healthy Hearts at Work Campaign, presented by the St. Louis Area Business Health Coalition, view the Hands-Only CPR webinar to learn how to administer CPR in a case of emergency. View the recording [here](#). Please note that this webinar does not result in a CPR certification.

**Download the Optum Assist app:** With the Optum Assist app, you can learn about your Employee Assistance Program (EAP), speak with an EAP specialist and more! Log in with your company access code SAINTLOUIS. Review this [flyer](#) for details.

**Practice meditation or mindfulness:** Regular practice of meditation and mindfulness have been linked to several health benefits, such as reduced stress, anxiety, and depression, as well as more restful sleep, and healthier eating behaviors. Click [here](#) to learn more, or download an app like Calm Health to get started today.

**Have a gym membership or subscribe to One Pass:** Regular physical activity is beneficial for both physical and mental health. Provide proof of a gym membership or exercise program, or sign up for [One Pass](#) today.

**Spend time with your child or pet:** Spending time with loved ones is never a bad idea. Play with your child, enjoy a family meal phone-free, or cuddle your pet on the couch.

**View the SLPS Wellness Program Resources and Tools presentation:**

**Submit a wellness success story:** You may email [Leah\\_Hammel@uhc.com](mailto:Leah_Hammel@uhc.com) to submit a wellness success story. Some examples of success stories may be from new health regimens, a Real Appeal success story, or a recent health-related success from 2024 or 2025.



**Participate in a fitness challenge:** Whether a virtual steps challenge, a local 5k, or a group exercise challenge, provide proof of a fitness challenge that you are currently participating in. Looking to join today? Checkout HealthCode for monthly virtual challenges.

**Complete the health survey\*:** Visit myuhc.com or download the UnitedHealthcare® app to complete your health survey for 2025. Once complete, you will earn **\$15** in gift cards via UHC Rewards.

**Get an annual checkup\*:** Schedule an annual checkup with your PCP. Don't have a PCP? Use this as an excuse to get one! Visit myuhc.com or download the UnitedHealthcare® app to find a doctor today.

**Submit a “healthy selfie”:** While enjoying a healthy activity, take a snapshot and send it to Leah\_Hammel@uhc.com. A healthy activity could be anything from meditating, walking your dog, or enjoying a healthier meal.

**Go paperless on myuhc.com\*:** Visit myuhc.com or download the UnitedHealthcare® app to update your preferences. Go to Account Settings and select Communications and Preferences to go paperless and you'll earn **\$2.50** toward UHC Rewards!

**Track sleep for 14 days\*:** You'll need to log 14 days of sleep data and you'll earn a \$5 reward after completing the activity. There is no minimum requirement for the hours of sleep you get, and your sleep data does not have to be tracked consecutively. Access UHC Rewards via myuhc.com or download the UnitedHealthcare® app to start tracking today.

**Submit a healthy recipe that you made:** Try a new, nutritious recipe or submit a healthy staple meal! To submit a recipe, you must send the Benefits team a picture of the food that you cooked. You can email us at Leah\_Hammel@uhc.com.

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**Download the CalmHealth app:** Download and use the Calm Health App now at no additional cost (if on the medical plan). This is a behavioral health app offering support on mindfulness, meditation, and social connection that is accessible anytime and anywhere. Review the flyer for details.

**Go/currently are tobacco-free:** Smoking has been linked to lung cancer, cardiovascular disease, and more. Continue living a tobacco-free life or start a smoking cessation program today.

**Connect a tracker to UHC Rewards\*:** Connect a fitness tracker and earn **\$25** via UHC Rewards. Don't have a tracker, but you're interested in purchasing one? See if the Earn It Off program is right for - bonus, check that square off too! Visit myuhc.com or download the UnitedHealthcare® app to get started today.

**Receive a routine dental or vision exam:** Dental and vision are an important part of your health. View your vision coverage through VBA or dental coverage through Delta Dental prior to scheduling your appointment to learn what is available to you at no cost. Please provide proof of your appointment, whether that be an appointment confirmation or part of your EOB.

**Spend an hour device-free:** While our devices have become helpful tools in our everyday lives, they were not meant to be used all day long. Turn your phone off, shut off the tv, and take a break from the constant connection that may be causing unnecessary anxiety.

**Participate in the Earn It Off program:** Earn It Off is a payment option where you can get an Apple Watch for a low—or \$0—upfront cost and pay the remaining cost with the rewards you earn over 12 months. Visit myuhc.com or download the UnitedHealthcare® app and select Redeem rewards to enroll in the program.