

SLPS WELLNESS BINGO



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*	Track Sleep for 14 Days*	Submit a Healthy Recipe that You Made	Download the <u>Calm Health</u> App
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 <u>HR_Benefits@SLPS.org</u> 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.

