

# GANNETT

# BINGO

REGISTER ON HOMEPAGE	ATTEND AT LEAST 3 LIVE EVENTS	VISIT AT LEAST 5 VENDOR BOOTHS	EDUCATE YOURSELF ON A NEW BENEFIT	VISIT <a href="http://BCBSTX.COM">BCBSTX.COM</a> AND LEARN ABOUT WELL ONTARGET
CREATE A MENTAL OR PHYSICAL HEALTH GOAL ON WELL ONTARGET	COMPLETE 3 MEDITATIONS WITH PELOTON	TRY A NEW FOOD	COMPLETE THE HEALTH RISK ASSESSMENT ON WELL ONTARGET	MAKE 2 MEATLESS MEALS THIS WEEK
REVIEW YOUR BENEFICIARIES IN NETBENEFITS	TRY A NEW PHYSICAL ACTIVITY		TURN OFF SOCIAL MEDIA FOR ONE DAY	SCHEDULE YOUR ANNUAL PREVENTIVE CARE APPOINTMENTS (CHECK IF ALREADY DID THIS YEAR)
LISTEN TO SOME MUSIC	MAKE SURE CONTACT AND WORK LOCATION INFORMATION IS CORRECT IN DAYFORCE	CUT OUT SUGARY DRINKS FOR A DAY	PUT PHONES AWAY AN HOUR BEFORE BED	COMPLETE YOUR OPEN ENROLLMENT (SAVE A COPY OF YOUR CONFIRMATION)
LEARN MORE ABOUT THE EMPLOYEE RESOURCE GROUPS	START A NEW BOOK	VISIT THE HUB FOR CONTINUING EDUCATION IDEAS	TAKE A LUNCHTIME WALK OR TAKE A WALKING MEETING	SPEND 30 MINUTES OUTSIDE

SUBMIT YOUR COMPLETED BINGO BOARD RESPONSES [HERE](#)