

HEALTHY BINGO

September 26-October 23

This is how we will contact you if you win!

Name: _____
 Phone: _____
 E-mail: _____
 Address: _____

H	E	A	L	T	H	Y
<input type="checkbox"/> NO screen (TV, phone, computer) from dinnertime to bed time for 3 consecutive days.	<input type="checkbox"/> Learn how the Live Life Well Incentive works .	<input type="checkbox"/> Do a yoga or mind/body class or DVD.	<input type="checkbox"/> Keep track of all the food you eat and drink for one week	<input type="checkbox"/> Eat 5 servings of fruit and/or veggies a day for 5 days.	<input type="checkbox"/> Go one day without eating any added sugar .	<input type="checkbox"/> Learn if you qualify for a Next Step discount **
<input type="checkbox"/> Learn something new about the Wellness Programs .	<input type="checkbox"/> Find out how much tobacco use costs Montanans each year .	<input type="checkbox"/> Find out how you can prevent a slip, trip, or fall .	<input type="checkbox"/> Learn what presentations are coming up this month.	<input type="checkbox"/> Have a flu shot or make an appointment now.	<input type="checkbox"/> Visit www.myactivehealth.com/som	<input type="checkbox"/> Invite someone to take a walk or hike on a new trail with you.
<input type="checkbox"/> Continue to be tobacco free or start a tobacco cessation program **	<input type="checkbox"/> Learn if you qualify for a Next Step discount **	<input type="checkbox"/> Track your steps for 3 days.	<input type="checkbox"/> Change out your toothbrush.	<input type="checkbox"/> Watch the LLW Incentive Program recording *	<input type="checkbox"/> Keep track of all the food you eat and drink for two weeks .	<input type="checkbox"/> Take a sweep through your space for trip hazards and fix.
<input type="checkbox"/> Find out something new about the EAP .	<input type="checkbox"/> Bike or walk at least part of the way to work, at least once.	<input type="checkbox"/> Brush your teeth at least 2x/day for 7 days.	<input type="checkbox"/> Set yourself one goal based on your health screening results.	<input type="checkbox"/> Activity of your choice, at least 3 days this week.	<input type="checkbox"/> Continue to be tobacco free, or start a tobacco cessation program **	<input type="checkbox"/> Get at least 7 hours of sleep each night for 3 days.
<input type="checkbox"/> Learn how you qualify for a Next Step discount **	<input type="checkbox"/> Floss at least once a day for 3 days.	<input type="checkbox"/> Visit http://askallegiance.com/som/ , and find a participating provider.	<input type="checkbox"/> Start a journal for something important to you.	<input type="checkbox"/> Continue to be tobacco free or start a tobacco cessation program **	<input type="checkbox"/> Follow the Live Life Well blog: http://somhelp.blogspot.com/	<input type="checkbox"/> Use your seatbelt every time you get in a car, for one week.
<input type="checkbox"/> Complete a health screening . * **	<input type="checkbox"/> Give someone a compliment today.	<input type="checkbox"/> Learn about the CareHere health coaches .	<input type="checkbox"/> Activity of your choice for at least 30 minutes 3 days this week.	<input type="checkbox"/> Eat a healthy breakfast for 3 days.	<input type="checkbox"/> Have a dentist appt or make an appointment now .*	<input type="checkbox"/> Drink 64 oz. of water daily for 1 week.
<input type="checkbox"/> Try a new recipe .	<input type="checkbox"/> "Like" the Live Life Well Facebook page .	<input type="checkbox"/> Organize a space that needs it. Desks, closets, countertops, whatever .	<input type="checkbox"/> Learn what presentations are recorded for you to view any time.	<input type="checkbox"/> Check the battery in your smoke detector.	<input type="checkbox"/> Do an ergonomic assessment of your workspace.	<input type="checkbox"/> Complete a health screening . * **

*It counts if you've already done it this year, or have an appointment to do so. **If you complete this task, there is more than one box you can mark off! Click on any link above (ctrl click) or see next page for additional information.

Return by October 28 to be entered for prizes.



HEALTH CARE AND BENEFITS DIVISION
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Who?

The contest is open to all members of the State of Montana health plan.

What?

This HEALTHY Bingo game card was designed to encourage your participation and increase your awareness of wellness activities. This game is a fun way to encourage ourselves in a healthier lifestyle.

Many of the squares have an active link. Just click on that link to find more information on that specific topic, or go to the web sites on the Wellness page (link below). Some links are NOT sponsored, and the information can be found in many places.

Please Note: *If you are going for a blackout, please read through all the squares to see which ones you'll need to get started with right away.*

The Rules of the Game

- Once you've completed an activity, click the check box or put a large 'X' on the box with the activity you've completed. These activities are self-reported and on the honor system.
- Complete 7 activities in a connected line to get a H-E-A-L-T-H-Y ("Bingo") down, diagonally, or across, and you will be entered into the raffle one time.
- Please return one Healthy Bingo card per BINGO that you get. Please HIGHLIGHT your bingo on each card you return.

When?

- The challenge takes place from September 26-October 23. Return your completed card by October 28 to be eligible to win one of the prizes. Make sure your name, e-mail, telephone number and mailing address are at the top.
Please mail a paper copy to the address listed on the front of this form. If that is not possible you may Fax or E-mail. Return information is on the front of the card.

Why?

- Wellness is important for everyone! Leading a healthier lifestyle is the only way to improve our quality of life and help curb rising healthcare costs.
- Consider the prizes an added bonus! A random drawing will be held to select the winners from the eligible entries received, and 10 prizes will be awarded. Winners will be notified via telephone or e-mail on or about the week following the end of the challenge. All prizes and drawings are final. Odds of winning depend upon the number of eligible entries received.

Challenge Rewards

- Your choice of gift: Kindle Fire, merino wool socks, sports ear buds, beach towels and more!
- Gift Certificates/Sponsor Gifts.

Next Step Discount

Healthy BINGO counts as a Next Step Discount activity IF you have no At-Risk Levels and complete and return at least one BINGO.

For it to count towards the Next Step Discount, you must self-report it here:

www.myactivehealth.com/som. Click on MyRewards, **Next Step Activity** (NOT BINGO), Work On It, then click the box next to Other Wellness Challenges and click Save.

Remember that you must complete a health screening sometime before the Incentive deadline of October 31 to see any discount. For more information, please review this web page: <http://benefits.mt.gov/Discount/Next-Steps-Discount>.