

Rehmann

BINGO

REGISTER ON HOMEPAGE	ATTEND AT LEAST 3 LIVE EVENTS	VISIT AT LEAST 5 VENDOR BOOTHS	EDUCATE YOURSELF ON A NEW BENEFIT	VITALITY: DO AN ADVANCED WORKOUT
VITALITY: CREATE A MENTAL HEALTH GOAL: HEALTH PROFILE > GOALS	VITALITY: COMPLETE 3 MEDITATIONS: CONNECT VITALITY TO CALM, MINDFULNESS, OR HEADSPACE APPS	TRY A NEW FOOD	COMPLETE THE 3 VITALITY MENTAL HEALTH ASSESSMENTS: HEALTH PROFILE > VITALITY HEALTH REVIEW > MENTAL HEALTH REVIEW	WALK 10,000 STEPS TODAY
PACK A LUNCH INSTEAD OF GOING OUT	VITALITY: SUBMIT A PREVENTION SCREENING: PROFILE > FORMS AND WAIVERS > PREVENTION	FREE	VITALITY: WATCH A HEALTH FYI WEBCAST: RESOURCES > HEALTH RESOURCES > HEALTH FYI WEBCAST	TRY A NEW PHYSICAL ACTIVITY
VITALITY: COMPLETE YOUR VITALITY HEALTH REVIEW: HEALTH PROFILE > VITALITY HEALTH REVIEW	TURN OFF SOCIAL MEDIA FOR A FULL DAY	CUT OUT SUGARY DRINKS FOR A DAY	PUT PHONES AWAY AN HOUR BEFORE BED	VITALITY: ACHIEVE YOUR NEXT STATUS, & ADD INFO ON THE POINTS PLANNER
VITALITY: CREATE A PREVENTION GOAL: HEALTH PROFILE > GOALS	START A NEW BOOK	VITALITY: COMPLETE AN EDUCATION COURSE: RESOURCES > HEALTH RESOURCES	TAKE A LUNCHTIME WALK OR TAKE A WALKING MEETING	SPEND 30 MINUTES OUTSIDE IN THE SUNSHINE

**WHEN YOUR BINGO BOARD IS COMPLETE, CLICK [HERE](#) TO
FILL OUT THIS SURVEY AND SUBMIT YOUR RESPONSES.**