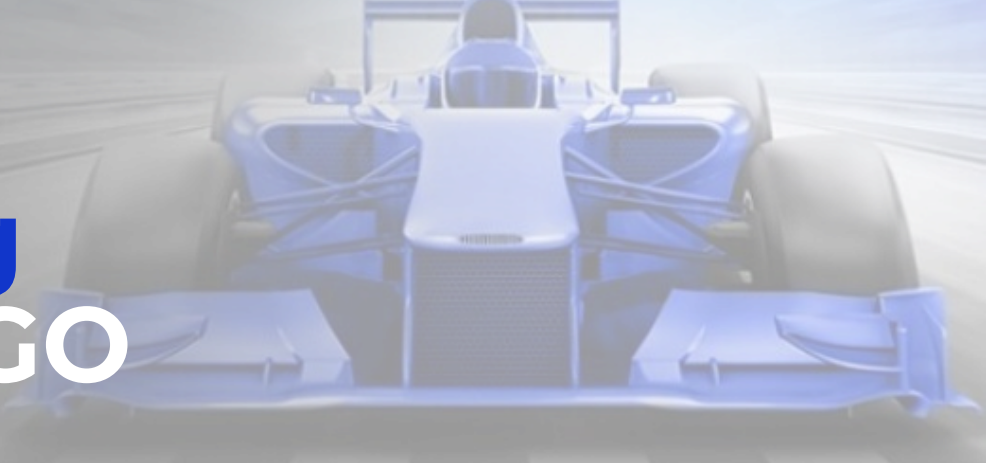


Rehmann

Well-Being Week BINGO



Register on homepage	Attend at least 3 live events	Visit at least 5 vendor booths	Educate yourself on a new benefit	Try a recipe from the Rehmann Cookbook or try a new food
Turn off social media for a full day	Take a lunchtime walk or a walking meeting	Spend 30 minutes outside in the sunshine	Make a plan and schedule your difference day hours or make a donation	Complete an activity in the Microhabitat Toolkit
Cut out sugar drinks for a day	Vitality: Create a Prevention Goal: Build Health Habits Section > Add a Goal		Vitality: Complete the Mental Wellbeing Assessment: Earn Points Section > Assessment > Mental Wellness Assessment	Start a new book
Connect with a co-worker and meet about a non-work related item	Walk 10,000 steps today	Pack a lunch instead of going out	Vitality: Create a mental health goal: Build Health Habits Section > Add a Goal	Put your phones away for the hour before bed
Vitality: Complete your Health Assessment: Earn Points Section > Assessment > Health Assessment	Vitality: Get to Silver Status	Vitality: Submit a Prevention Screening: Earn Points Section > Prevention	Stretch for 5+ minutes	Celebrate a small win