

2024 Well-U Bingo

Small Steps = Big Changes

To receive a wellness reward from Well-U, please check off each activity below as you complete it. Once you earn Bingo (by filling in a full row in any direction), use the QR code in the center square to email Well-U-info@rochester.edu. Please attach a photo of your completed Bingo card and include your name, employee ID #, and interoffice mail box (or home address) to receive your prize!

B	I	N	G	O
Attend a Health Bites Session 	Subscribe to or forward a friend the Weekly Wellness newsletter	Take a stretching class on Studio SWEAT onDemand	Write and mail a letter to a friend	Participate in a wellness challenge 
Try a new exercise	Create a wellness bulletin board in your area 	Give a stranger a compliment	Schedule a dental cleaning 	Drink only water for an entire day
Schedule a yearly physical	Start a journal	FREE 	Get a skin cancer screening	Turn off all screens for two hours
Email Well-U positive feedback about a program	Create one healthy habit 	Schedule an eye exam	Get 8 hours of sleep 	Take the stairs
Complete a guided meditation (<i>request one from Well-U</i>)	Try a new fruit or vegetable	Make no negative comments all day	Bring a healthy snack to share with coworkers	Take a walk during your break time 

