







GETTING TO KNOW VITALITY BINGO

The Vitality program is all about choices that help you be the healthiest you can be for yourself, your friends, for your family. This card features 25 activities you can complete to get familiar with the Vitality program. Complete the act, put a check mark in that square and see how many squares you can fill up!

	B	I	N	G	O
	 Review your Points Pathway	 Connect a fitness device or app to Vitality	 Complete a Mental Well-being Review	 Check in to a Vitality Goal	 Take the Vitality Health Review
	 Complete one ActionSet	 Set a Vitality Goal	 Learn more about your Vitality Age	 Download the Vitality Today mobile app	 Log a light workout
	 Submit your Vitality Check results	 Browse the Vitality Marketplace	 Use the Quick Points Planner tool	 Explore your Rewards	 Schedule your Vitality Check
	 Complete the Physical Activity Review	 Watch a Health FYI Webcast	 Log a standard workout	 Complete one Decision Point	 Review your Health Results
	 Enroll in a Nutrition Course	 Engage with an Interactive Tool	 Submit a Prevention Activity	 Log an advanced workout	 Play Vitality Squares