






HEALTHY BOILER BINGO

 BEHAVIORAL HEALTH	 FINANCIAL WELLNESS	 PHYSICAL HEALTH	 SOCIAL WELLNESS	 WORK-LIFE INTEGRATION
<p>Do something you find relaxing at least 3 times in one week</p>	<p>Complete a Financial Wellness Challenge</p> <p><i>Monthly HB Challenge</i></p>	<p>Attend a Physical Health Healthy Boiler Workshop</p>	<p>Play a board game or card game with a friend or family member</p>	<p>Share a positive story or experience with a co-worker</p>
<p>Attend a Behavioral Health Healthy Boiler Workshop</p>	<p>Review local discounts offered exclusively to Purdue faculty and staff</p>	<p>Alternate sitting and standing every hour for 1 whole workday</p>	<p>Complete a Social Wellness Challenge</p> <p><i>Monthly HB Challenge</i></p>	<p>Review the leaves policies specific to your position, check out your time off balances too!</p>
<p>No screen time two hours before going to bed</p>	<p>Pack your lunch or cook dinner at home 5 days in one week</p>	<p>Register for Healthy Boiler Portal</p> <p><i>If you've already registered, consider this a free space!</i></p>	<p>Attend a Social Wellness Healthy Boiler Workshop</p>	<p>Complete a Work-Life Integration Challenge</p> <p><i>Monthly HB Challenge</i></p>
<p>Declutter at least one area in your home or workspace</p>	<p>Attend a Financial Wellness Healthy Boiler Workshop</p>	<p>Complete a Physical Health Monthly Challenge</p> <p><i>Monthly HB Challenge</i></p>	<p>Tell at least one family member three qualities you appreciate about them</p>	<p>Perform a random act of kindness for a co-worker</p>
<p>Complete a Behavioral Health Monthly Challenge</p> <p><i>Monthly HB Challenge</i></p>	<p>Use coupons on your next trip to the store</p>	<p>Walk 10,000 steps in one day</p>	<p>Share a positive story or experience with a co-worker</p>	<p>Attend a Work-Life Integration Healthy Boiler Workshop</p>

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Register for Healthy Boiler Portal

Refer to page 4 of the [Healthy Boiler Guide](#) for registration instructions if you are not already registered.

Complete Monthly Healthy Boiler Challenge

Log into the [Healthy Boiler Portal](#), scroll down to the **Healthy Boiler Monthly Challenges** on the homepage, find the tile of the challenge you wish to complete, click the **i** icon, complete and track the challenge. There is a new monthly challenge for each pillar each month, complete the monthly challenge(s) that correlates with the current Bingo card. You will follow these same steps, clicking on the correlating tile in the portal for each pillar workshop on the Bingo card you are completing.

Attend a Healthy Boiler Workshop

Log into the Healthy Boiler Portal and scroll down to [Healthy Boiler Workshops](#) on the homepage. Click **Submit** on the tile and check the box, then click **Submit** to register. For some workshops, you will need to click on the **i** icon, then click **CLICK HERE to Register** on the right-hand side.

Review Local Discounts Offered Exclusively to Purdue Faculty and Staff

Visit the employee discount website by going to the [Human Resources - Benefits webpage](#) and click on the Financial Wellness tile. Scroll half-way down to the four boxes and under **Financial Wellness Resources** click on **Employee Discounts**. This will allow you to view the local discounts offered to Purdue faculty and staff, as well as allow you to submit a request for local business to participate in the discounts offered.

Review the Leaves Policies Specific to Your Position, Check Out Your Time Off Balances too!

Visit the [Human Resources - Benefits webpage](#) and click on the **Time Off, Leaves, & Disability** tile. Review the information specific to your position. You can check your time off balances by going to one.purdue.edu and clicking on **Employee Launchpad**, this will take you in to SuccessFactors. Sign in with your BoilerKey and click on the **Request Time Off** tile. Scroll down on the pop up window and click on **Time Off** at the very bottom. The next screen will show the number of hours you have in each bank.