

# HEALTHY BOILER BINGO

 <b>BEHAVIORAL HEALTH</b>	 <b>FINANCIAL WELLNESS</b>	 <b>PHYSICAL HEALTH</b>	 <b>SOCIAL WELLNESS</b>	 <b>WORK-LIFE INTEGRATION</b>
<p>Complete Behavioral Health Challenge</p> <p><i>Monthly HB Challenge</i></p>	<p>Increase Retirement Contributions by 1% or More</p>	<p>Participate in a 5k/Marathon</p>	<p>Complete Social Wellness Challenge</p> <p><i>Monthly HB Challenge</i></p>	<p>Schedule Free ATI Injury Assessment</p>
<p>Participate in a 5k/Marathon</p>	<p>Complete Financial Wellness Challenge</p> <p><i>Monthly HB Challenge</i></p>	<p>Participate in a Group or Personal Training Session</p>	<p>Participate in a 5k/Marathon</p>	<p>Attend SupportLinc Webinar</p>
<p>Meditate/Deep Breathing Exercises for 10 Minutes a Day</p>	<p>Review/Update Beneficiary Information</p>	<p>Register for Healthy Boiler Portal</p> <p><i>If you've already registered, consider this a free space!</i></p>	<p>Call a Friend or Family Member in Place of Texting</p>	<p>Attend a Healthy Boiler Workshop</p>
<p>Attend SupportLinc Webinar</p>	<p>Attend a Healthy Boiler Workshop</p>	<p>Schedule Free ATI Injury Assessment</p>	<p>Participate in a Group or Personal Training Session</p>	<p>Attend Purdue's Spring Fling or Social Event of Choice</p>
<p>Complete Behavioral Health Challenge</p> <p><i>Monthly HB Challenge</i></p>	<p>Transfer \$25 Each Month to a Savings Account</p>	<p>Complete Physical Health Challenge</p> <p><i>Monthly HB Challenge</i></p>	<p>Attend Purdue's Spring Fling or Social Event of Choice</p>	<p>Complete Work-Life Integration Challenge</p> <p><i>Monthly HB Challenge</i></p>

## Bingo Card Guide – Quarter 2

- **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.
- **Participate in a 5k/Marathon** – You may choose to participate in any 5k or marathon opportunity within or outside of Purdue. Purdue University’s partnership with the Carmel Marathon 2024 offers a 50% registration discount to Purdue employees and their family members. Visit the [Carmel Marathon](#) race website to register using code HEALTHBOILER for discount.
- **Attend SupportLinc Webinar** – Go to the [SupportLinc](#) website and sign in or create an account if you do not have one (Code: purdue). Scroll down to “Dashboard” and under “My program” click on “Mental Health Webinars”. Click on “Click to Register”, click on “Register and Access Course”, then sign into the webinar platform, or create an account if you do not have one. You will now be directed to the webinars, and you may choose from the list of webinars on the left-hand side menu. Webinar handouts are located under the video.
- **Increase Retirement Contribution by 1%** – Go to the Purdue benefits website at [www.purdue.edu/benefits](http://www.purdue.edu/benefits), scroll down halfway and click on “Retirement”. In the left-hand side menu, click on “Fidelity Account Log In”, then sign in or register as a new user if you do not have an account. Halfway down on the home page, you will see your retirement accounts. Click the three stacked dots next to the account and click on “Contribution Amount”. Click on “Contribution Amount” on the left under “Manage Your Contribution Amount”, then “Begin Change Contributions” on the next page. Update the contribution amount in the chart and click “Change Contribution Amount”, then “Submit” on the next page.
- **Review/Update Beneficiary Information** – Go to the Purdue University benefits website at [www.purdue.edu/benefits](http://www.purdue.edu/benefits). Scroll down halfway and click on “Retirement”. At the top of the menu on the left, click on “Beneficiary Management”. Instructions to update your beneficiary records for each of the benefit programs will be located on this webpage.
- **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 icon, then click “CLICK HERE to Register” on the right-hand side.

- **Participate in a group or personal training session** – Visit the [France A. Cordova Recreational Sports Center](#) group fitness website and the [A.H. Ismail Center for Preventive and Lifestyle Medicine](#) to review participation and membership opportunities.
- **Schedule Free ATI Injury Assessment** – Visit the [Schedule a Complimentary Screening](#) webpage to request an appointment.