


YOUR PATH BINGO

 BEHAVIORAL HEALTH	 FINANCIAL WELLNESS	 PHYSICAL HEALTH	 SOCIAL WELLNESS	 WORK-LIFE INTEGRATION
<p>Create an account with the EAP, AllOne Health, and review their services</p>	<p>Attend a Financial Wellness Workshop</p>	<p>Participate in the Carmel Marathon or marathon event of choice</p>	<p>Complete a Social Wellness Monthly Challenge</p>	<p>Complete a 'Soft Skills' course with AllOne Health</p>
<p>Participate in the Carmel Marathon or marathon event of choice</p>	<p>Complete a Financial Wellness Challenge</p>	<p>Attend a Physical Health Workshop</p>	<p>Enjoy a lunch or coffee break with a co-worker <i>Date & Location</i></p>	<p>Step away from work tasks for 5-10 minutes and get fresh air</p>
<p>Complete a Behavioral Health Monthly Challenge</p>	<p>Review "10 Things You Get From Fidelity"</p>	<p style="text-align: center;">▼</p> <p>Register for Portal <i>If you've already registered, consider this a free space!</i></p>	<p>Attend/host a meeting in person</p>	<p>Attend a Work-Life Integration Workshop</p>
<p>Attend a Behavioral Health Workshop</p>	<p>Review your retirement savings and contributions</p>	<p>Meet with a Health Coach and/or Dietitian</p>	<p>Participate in the Carmel Marathon or marathon event of choice</p>	<p>Complete a Work-Life Integration Challenge</p>
<p>Take an AllOne Health self-evaluation assessment</p>	<p>Transfer \$20 each pay to a savings account</p>	<p>Complete a Physical Health Monthly Challenge</p>	<p>Attend a Social Wellness Workshop</p>	<p>Enjoy a coffee or lunch break with a co-worker <i>Date & Location</i></p>

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Register for Your Path Portal

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

Complete a Monthly Challenge

Log into the [Your Path Portal](#), click on Activities at the top of the page and scroll down to “Monthly Challenges”, find the tile of the challenge you wish to complete, click Details to view challenge details or click Track to certify completion. 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 Workshop

Log into the [Your Path Portal](#) and click Activities at the top of the page. Scroll down to “Workshops”. Click “Track” on the tile and check the box, then click “Submit” to register. For some workshops, you will need to click on Details, then click “Tracking”.

Create an account with the EAP, AllOne Health, and review their services

Visit <https://allonehealthdo.mylifeexpert.com/> to access the member portal login page. Once on the website, click “sign up” and create an account using your email address and company code: purdue

Once you have created an account, you may sign in using that information. Once signed in, you can browse the website to view the details, offerings, and information surrounding our new behavioral health employee assistance program (EAP), AllOne Health.

Take an AllOne Health self-evaluation assessment

Once you have created an account with AllOne Health and signed into the member portal, on the homepage, click on the tile that says ‘Self Assessments’ under the Explore Features section. Click on the assessment you feel is most applicable to you, answer the questions, and click ‘Submit’. You will then receive instant feedback from AllOne Health regarding your submission.

Complete a ‘Soft Skills’ course with AllOne Health

Once you have created an account with AllOne Health and signed into the member portal, on the homepage, click on the tile that says ‘Soft Skills’ under the Explore Features section. Click on the tile most interesting to you, then begin the course.

Participate in the Carmel Marathon or marathon event of choice

Purdue offers a 50% discount off all race distances for the Carmel Marathon to all Purdue faculty and staff, and their immediate family members. To register and receive the discount for the Carmel Marathon, you will use the link designated to Purdue: [Purdue Carmel Marathon Link](#) – there is no code to enter, using this link automatically applies the discount.

Review “10 Things You Get From Fidelity”

Go to the Purdue HR Benefits website at www.purdue.edu/benefits and click on the Financial Wellness tile. In the Fidelity Resources box, click on Purdue’s Official Retirement Partner, then on the lefthand side, click on “10 Things You Get From Fidelity”.

Meet with a Health Coach or Dietitian

You may meet with a health coach, wellness coach, dietitian, etc. of your choice, or you may check out one of the incredible staff members at the [Center for Healthy Living](#) on campus!

Review Your Retirement Savings and Contributions

Go to the Purdue HR Benefits website at www.purdue.edu/benefits and click on the Financial Wellness tile. In the Fidelity Resources box, click on Fidelity NewBenefits Log In and sign into Fidelity, or create an account if you do not have one. The homepage will display your retirement accounts and allow you to review and edit your contributions.