YOUR PATH BINGO

BEHAVIORAL HEALTH	FINANCIAL WELLNESS	PHYSICAL HEALTH	SOCIAL WELLNESS	WORK-LIFE INTEGRATION
Complete a Behavioral Health Monthly Challenge	Review one recent purchase and decide if it was a "need vs want"	Participate in Momentum Indy Cycling Event or marathon event of choice	Have a meal with no cell phones/ electronics present	Attend a Work-Life Integration Workshop
Participate in Momentum Indy Cycling Event or marathon event of choice	Complete a Financial Wellness Monthly Challenge	Stretch for 10 minutes per day before and after work	Attend a Social Wellness Workshop	Review our EAP's (AllOne Health) Work-Life Resources
Attend a Behavioral Health Workshop	Review Purdue employee discounts	▼ Register for Your Path Portal *If you've already registered, consider this a free space!*	Complete a Social Wellness Monthly Challenge	Have a conversation with a co-worker (Not about work!)
Step outside for fresh air once during the workday	Attend a Financial Wellness Workshop	Complete a Physical Health Monthly Challenge	Participate in Momentum Indy Cycling Event or marathon event of choice	Step outside for fresh air once during the workday
Listen to a podcast, read a book, or listen to music for 15 minutes one day	Eat dinner at home each day for one week	Attend a Physical Health Workshop	Have a conversation with a co-worker (Not about work!)	Complete a Work-Life Integration Monthly Challenge

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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 in to 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 in to 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".

Review Our EAP's (AllOne Health) Work-Life Resources

Once you have created an account, you may sign in using that information. Once signed in, at the top of the page, click on "My Benefits" then the green "View All Benefits" button on the left-hand side.

To create an AllOne Health account:
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

Participate in Momentum Indy Cycling Event or Marathon Event of Choice

Purdue offers a 50% discount off the Honor Major Taylor Fondo Ride for all Purdue faculty and staff, and their immediate family members. To register and receive the discount for the Momentum Indy Cycling Event, you will use the discount code: **YOURPATH26**

Review Purdue Employee Discounts

Visit Purdue's benefit website at **https://www.purdue.edu/hr/benewell/** and click on the Financial Wellness tile. Under the 'Financial Wellness Resources' tile, click on 'Employee Discounts.' This page will display the employee discount offerings.