



HEALTHY BOILER BINGO

 BEHAVIORAL HEALTH	 FINANCIAL WELLNESS	 PHYSICAL HEALTH	 SOCIAL WELLNESS	 WORK-LIFE INTEGRATION
Attend a Behavioral Health Healthy Boiler Workshop	Complete a Financial Wellness Challenge <i>Monthly HB Challenge</i>	Take a Walk Outside 2 Times per Week	Participate in Momentum Indy Cycling Event or Social Event of Choice	Volunteer Through the United Way Volunteer Portal
Participate in Momentum Indy Cycling Event or Social Event of Choice	Watch Securian's "Purdue Term Life Insurance" Video	Attend a Physical Health Healthy Boiler Workshop	Complete a Social Wellness Challenge <i>Monthly HB Challenge</i>	Have a Meaningful Conversation with a Co-Worker
Complete a Session with SupportLinc's Mindstream	Attend a Financial Wellness Healthy Boiler Workshop	Register for Healthy Boiler Portal <i>If you've already registered, consider this a free space!</i>	Volunteer Through the United Way Volunteer Portal	Complete a Work-Life Integration Challenge <i>Monthly HB Challenge</i>
Complete a Behavioral Health Challenge <i>Monthly HB Challenge</i>	Register for RX Savings Solutions	Participate in Momentum Indy Cycling Event or Social Event of Choice	Attend a Social Wellness Healthy Boiler Workshop	Complete a Session with SupportLinc's Mindstream
Complete SupportLinc's Emotional Fitness Check	Complete Fidelity's Retirement Quick Check <i>Monthly HB Challenge</i>	Complete Physical Health Challenge <i>Monthly HB Challenge</i>	Have a Meal with No Cell Phone/Electronics Present	Attend a Work-Life Integration Healthy Boiler Workshop

HEALTHY BOILER BINGO

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 Momentum Indy Cycling Event or Social Event of Choice

As part of Purdue's Healthy Boiler Program, Human Resources is offering a discounted entry fee for a July 13 cycling event in Indianapolis. To register, go to the [Purdue Discount Site](#) and fill out your personal information then choose the distance you want to ride. Sign the waiver, select to join an Existing Group/Team/Club and select "Purdue University". Enter HealthyBoiler for the code and follow the prompts to complete your registration. You may also choose an alternate social event to participate in to complete this Bingo square.

Complete a Session with SupportLinc's Mindstream

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 "Access resources and support" click on "Mindstream". You may complete any session.

Complete SupportLinc's Emotional Fitness Check

Go to the [SupportLinc](#) website and sign in or create an account if you do not have one (Code: purdue). Click on the "Check your emotional fitness" button at the top of the page next to your initials/profile picture then click the green "Get started" button to begin the assessment.

Watch Securian's "Purdue Term Life Insurance" Video

Go to [Purdue's Securian Website](#) and scroll down to Additional resources. Click on the title to watch the video titled "What is group term life insurance?"

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.

Register for RX Savings Solutions

Go to Purdue's benefit website at www.purdue.edu/benefits and scroll down to the row of black boxes then click on "Prescription" inside the "Current Employees" box. Halfway down the middle of the screen, click on "RX Savings Solutions" then click on the "myrxss.com" link. Additional information regarding RX Savings Solutions can be found under the "here" link. On the "myrxss.com" link, enter the requested information then create a username and password, then click "Activate Account".

Complete Fidelity's Retirement Quick Check

Go to Purdue's benefit website at www.purdue.edu/benefits and scroll down under the four black boxes and click on "Retirement". On the lefthand side, click on "Retirement Readiness", and under "How much do you need?" click on "Fidelity Retirement Quick Check". Click on "Plan today", then click on "Plan today" on the popup and sign into Fidelity. Scroll down on the Planning Summary web page to the Retirement tile and click "Get Started".

Volunteer through the United Way Volunteer Portal

Visit the [United Way of Greater Lafayette](#) website to find an opportunity that you would be interested in by scrolling through the list or using the filter options on the left-hand side. Click on the opportunity you are interested in to see more information, click "Sign up" and provide the information requested and click "Sign up" at the bottom to register to volunteer.