

# WELLNESS

# BINGO

Do your health risk assessment on Medikeeper	Download Calm App from Kaiser Permanente	Eliminate sweets for 3 days in a row	Replace TV with outside activity 2 nights a week for 2 weeks	Meet with our Empower representative
Get your dental teeth cleaning	Plan an active outing with family or a friend	Take a yoga class or learn how to meditate	Join a social circle on Medikeeper	Take 7,500 steps a day for 2 weeks
Try a vegetable you've never eaten before	Schedule your primary care visit	Write down 4 things you are grateful for	Download the Cascade Centers app	Wear sunscreen every day for a week
Get 30 minutes of exercise for 4 days in 1 week	Set a budget for the month and track your spending (EAP materials)	Sign up for electronic EOB with Premera	Floss every day for a week	Participate in a Pal to Pal challenge on Medikeeper
Read a new book	Register for the minutes of activity challenge on Medikeeper (to take place in August)	Get at least 7 hours of sleep for 5 days in a row	Go on a walk at lunch time or after dinner	Call a friend or family member just to say hello

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## NAME & CONTACT INFORMATION: \_\_\_\_\_

### DIRECTIONS:

To focus on well-being and benefits, this year we spend the month of August playing BINGO designed to encourage you to try a variety of activities to improve your well-being and utilize the benefits offered at Sound Transit.

1. Complete as many of the activities you can on the card within the month of August.
2. As you complete each activity, make an X on the square.
3. You get a BINGO win by completing five activities in a row – vertically, horizontally or diagonally.
4. You will receive one prize raffle entry for every BINGO row you complete, up to five entries per person.
5. Turn in to Lorena Jones in Human Resources at [lorena.jones@soundtransit.org](mailto:lorena.jones@soundtransit.org) by August 31.

### RESOURCES:

[soundtransit.medikeeper.com](http://soundtransit.medikeeper.com)

<https://hub.soundtransit.org/FPP/Pages/default.aspx?ItemID=2148>



## 2021 BENEFIT CONTACTS

### MEDICAL

**Premera Blue Cross**

premera.com 800.722.1471

**24-HR NURSELINE** 800.841.8343

GROUP ID #4000373

**Kaiser Permanente**

kp.org/wa 888.901.4636

**24-HR NURSELINE** 800.297.6877

GROUP ID #1472800

### LEAVE ADMINISTRATION

**Matrix**

matrixabsence.com 877.202.0055

### FLEXIBLE SPENDING ACCOUNT

**Navia Benefits**

naviabenefits.com 800.669.3539

GROUP ID STR

### DENTAL

**Delta Dental of WA** GROUP ID #00026

deltadentalwa.com 800.554.1907

### VISION

**VSP**

vsp.com GROUP ID #30073988

800.877.7195

### TELEHEALTH (Premera members only)

**98point6**

98point6.com/premera

**DoctorOnDemand**

doctorondemand.com/premera

**Talkspace**

(Behavioral Health)

talkspace.com/premera

**Workit (Addiction)**

workithealth.com/premera

**Boulder Care**

(Addiction)

888.316.0451

boulder.care/getstarted