

KINDNESS BINGO GAME

Employer-Sponsored Activity



Be Present. Be Well.



To Play: Complete five activities in a row (across, down or horizontal) on the bingo card. Finishing this activity (plus completing the health assessment and a health check), earns you \$150...and they're ALL a big boost for your wellness. Get started at webmdhealth.com/wellwisconsin. Report completion of this event under "rewards" as an "employer-sponsored activity" using "kindness" as the description.

Add something to your workspace that brings you joy.	Tell someone at work they are doing a great job.	Post positive comments on social media today.	Listen to advice from those trying to help you.	Tell someone how happy they make you.
Share a positive update with your boss.	Empower and uplift others with your words and actions.	Let someone in front of you in traffic.	Do something today that makes you feel fulfilled.	Learn something new about a colleague.
Apologize to someone you're in conflict with.	Be intentional not to complain for the whole day.	 Be Present. Be Well.	Lend a hand when you see someone in need.	Encourage and celebrate individual strengths.
Give an authentic and meaningful compliment.	Reflect on a time you felt connected to your work.	Tune into the great things happening around you.	Make someone smile today.	Assume the best in everyone.
Model patience—especially when in a hurry.	Start and end the day with positive intentions.	Close your eyes and tell yourself "I matter."	Hold the door open for someone.	Tell people what you appreciate about them.

The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program, excluding Medicare Advantage participants who have incentives available through their health plan. The Well Wisconsin incentive will automatically be issued to eligible participants upon completing the applicable activities. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer, who will issue a W2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, continuants and their spouses will have some taxes withheld from the incentive amount earned.

