

B I N G O

Desk Exercise	Learn your family history	LIPID Panel	WEAR SUNSCREEN WHEN OUTSIDE!	Shingles Vaccine
Prostate - Cervical Cancer Screening	Lung Cancer Screening	Colon Cancer Screening	No Tobacco Products	Meditate
Diabetes Screening	Heart Screening	FREE!	Sign-up for the County Walk/Run tarmac10k.com	Breast Cancer Screening
Osteoporosis Screening	Wellness Exam	Create your BCBS Login	HEP-C Screening	Limit Alcohol
Preventative Blood Panel	Earn 300 Rally Coins	150 Minutes of physical activity	COVID-19 Vaccine	FLU Vaccine

August Challenge

Name: _____