

BINGO INSTRUCTIONS

Participants who complete a BINGO and submit their cards will receive recognition in the wellness communication, celebrating your commitment to well-being!

HOW TO PLAY:

- 1 Download the Bingo Card**
Head to info.kapnick.com/occ to download the bingo card for this quarter.
- 2 Use or Skip the Free Space**
The center square is a FREE space that you can use to help complete your BINGO. However, it's optional - you can still achieve a BINGO without using it!
- 3 Complete Activities**
Choose and complete any **five activities** on the card to form a BINGO (horizontal, vertical, or diagonal line).
- 4 Mark Your Card**
Write in the corresponding box of each activity you complete, including the free space if you choose to use it.
- 5 Submit Your Completed Card**
Once you achieve a BINGO, take a photo or scan of your completed card. Submit it via the Health Hub (info.kapnick.com/occ) upload feature before the quarter ends.
- 6 Receive Recognition**
Congrats! Kudos to you on your commitment to a healthy lifestyle! Keep up the great work!

DEADLINE FOR BINGO SUBMISSIONS:

Quarter 1: Monday, March 31, 2025

Quarter 3: Tuesday, September 30, 2025

Quarter 2: Monday, June 30, 2025

Quarter 4: Friday, December 19, 2025