



Roadside Bingo

2026 Benefits & Well-Being Roadtrip



Mind



Body



Connection



Benefits

Write down 3 things
you're grateful for

☐

Try a new healthy
recipe

☐

Give a coworker a
shoutout in Slack

☐

Compare urgent care vs.
ER costs on your plan

☐

Try a 5-minute
breathing exercise

☐

Take the stairs, stretch,
or add extra steps to
your day

☐

Have a camera-on
coffee chat with
someone new

☐

Save your plan's 24/7
nurse line in your phone

☐

Read something just for
fun for 15 minutes

☐

Eat 3 colors of produce
at one meal

☐

Call (don't text) a
family member

☐

Update or confirm your
401(k) and life insurance
beneficiaries

☐

Block 30 minutes of
focus time on your
calendar

☐

Get 15 minutes of
outdoor sunlight

☐

Write a handwritten
thank-you note

☐

Add your open
enrollment deadline to
your calendar

☐

Explore a new resource
in Modern Health

☐

Try a desk yoga video
between meetings

☐

Share your favorite
wellness tip in Slack

☐

See if your plan covers
telehealth visits

☐

Go to bed 30 minutes
earlier one night

☐

Book your dental
cleaning or eye exam

☐

Do a random act of
kindness

☐

Learn one perk you
didn't know you had

☐

[Submit your Board Here](#)