

2025 Bingo Challenge

August 4th – August 15th

THIS CARD IS INTENDED FOR ANTHEM ENROLLED WORKERS

To participate:

- 1) Complete [this survey](#).
- 2) Choose to complete 5-in-a-row Bingo or Blackout the card
5-in-a-row = \$25 digital gift card OR
Blackout card = chance to win one of 5 larger prizes (valued at \$50).

Those who aren't chosen will receive a \$40 digital gift card

Note: participants can only receive one reward

Set an intention for the day (i.e. kindness, patience, etc.)	Start an Action Plan (Sydney app > My Health Dashboard > Action Plans)	Take a break from social media for 1 day	Complete the Health Risk Assessment (Sydney app > My Health Dashboard > My Health Check-In)	Check symptoms with symptom checker (Sydney app > Care > K Health > Check Symptoms)
Setup Live Health Online (telehealth) profile (Sydney App > Care > Virtual Care > LiveHealth Online)	Walk 10,000 steps in 1 day	Name a Primary Care Physician (Sydney App > Update Primary Care Physician)	Take Lark's Diabetes Prevention Program pre-assessment (Sydney app > Menu > My Health Dashboard > Program)	Spend 10 minutes reflecting, meditating or praying
Try a new healthy recipe	Eat 3 servings of vegetables in 1 day	Free	Complete an Action Plan (Sydney app > My Health Dashboard > Action Plans)	Walk 15,000 steps in 1 day
Eat two servings of fruit in 1 day	Connect a fitness device to Sydney (Sydney app > My Health Dashboard > Activity Tracking > Manage Your Devices)	Journal for 5 minutes	Walk 5,000 steps in 1 day	Schedule 2026 preventive care (annual physical, mammogram, etc.)
Check Your Reward balance (Sydney app > My Health Dashboard > My Rewards)	Drink half of your weight in ounces of water in 1 day (Ex: 200lbs = 100 oz water)	Enroll in ConditionCare or Wellbeing Coaching (Sydney app > My Health Dashboard > Programs)	Write and share a note of gratitude	Sleep 7-9 hours one night

Name and Email Address:

Turn in one card to
Lisa.Buhr@modot.mo.gov (MoDOT) or
Audrey.Vates@mshp.dps.mo.gov (MSHP)
by Friday, August 15th at 4pm CT

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Name a Primary Care Physician (Sydney App > Update Primary Care Physician)	Eat 3 servings of vegetables in 1 day	Take a break from social media for 1 day	Complete the Health Risk Assessment (Sydney app > My Health Dashboard)	Setup Live Health Online (telehealth) profile (Sydney App > Care > Virtual Care > LiveHealth Online)
Schedule 2026 preventive care (annual physical, mammogram, etc.)	Walk 10,000 steps in 1 day	Set an intention for the day (i.e. kindness, patience, etc.)	Check symptoms with symptom checker (Sydney app > Care > K Health > Check Symptoms)	Drink half of your weight in ounces of water in 1 day (Ex: 200lbs = 100 oz water)
Sleep 7-9 hours one night	Start an Action Plan (Sydney app > My Health Dashboard > Action Plans)	Free	Complete an Action Plan (Sydney app > My Health Dashboard > Action Plans)	Write and share a note of gratitude
Eat two servings of fruit in 1 day	Walk 15,000 steps in 1 day	Take Lark's Diabetes Prevention Program pre-assessment (Sydney app > Menu > My Health Dashboard > Program)	Walk 5,000 steps in 1 day	Journal for 5 minutes
Check Your Reward balance (Sydney app > My Health Dashboard > My Rewards)	Spend 10 minutes reflecting, meditating or praying	Enroll in ConditionCare or Wellbeing Coaching (Sydney app > My Health Dashboard > Programs)	Connect a fitness device to Sydney (Sydney app > My Health Dashboard > Activity Tracking > Manage Your Devices)	Try a new healthy recipe

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Write and share a note of gratitude	Walk 5,000 steps in 1 day	Take a break from social media for 1 day	Eat two servings of fruit in 1 day	Take Lark's Diabetes Prevention Program pre-assessment (Sydney app > Menu > My Health Dashboard > Program)
Journal for 5 minutes	Walk 10,000 steps in 1 day	Name a Primary Care Physician (Sydney App > Update Primary Care Physician)	Sleep for 7-9 hours one night	Spend 10 minutes reflecting, meditating or praying
Check symptoms with symptom checker (Sydney app > Care > K Health > Check Symptoms)	Eat 3 servings of vegetables in 1 day	Free	Check Your Reward balance (Sydney app > My Health Dashboard > My Rewards)	Walk 15,000 steps in 1 day
Complete the Health Risk Assessment (Sydney app > My Health Dashboard)	Try a new healthy recipe	Setup Live Health Online (telehealth) profile (Sydney App > Care > Virtual Care > LiveHealth Online)	Drink half of your weight in ounces of water in 1 day (Ex: 200lbs = 100 oz water)	Complete an Action Plan (Sydney app > My Health Dashboard > Action Plans)
Schedule 2026 preventive care (annual physical, mammogram, etc.)	Start an Action Plan (Sydney app > My Health Dashboard > Action Plans)	Enroll in ConditionCare or Wellbeing Coaching (Sydney app > My Health Dashboard > Programs)	Set an intention for the day (i.e. kindness, patience, etc.)	Connect a fitness device to Sydney (Sydney app > My Health Dashboard > Activity Tracking > Manage Your Devices)

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**THIS CARD IS INTENDED FOR
NON-ANTHEM ENROLLED WORKERS**

Set an intention for the day (i.e. kindness, patience, etc.)	Eliminate alcohol for 1 day (or more)	Take a break from social media for 1 day	Do something that brings you joy	No dining out for 2 days in a row
Journal for 5 minutes	Walk 10,000 steps in 1 day	Have all meals planned for 2 days in a row	Avoid screens for 1 hour before bed	Spend 10 minutes reflecting, meditating or praying
Sleep for 7-9 hours one night OR Get a vaccination (flu shot, COVID shot, etc.)	Eat 3 servings of vegetables in 1 day	Free	Listen to understand instead to respond	Walk 15,000 steps in 1 day
Eat two servings of fruit in 1 day	Pay it forward 1 time	Deep breath for 2 minutes	Walk 5,000 steps in 1 day	Schedule 2024 preventive care (annual physical, mammogram, etc.)
Eat undistracted for 1 meal (no TV, phone, computer, work, books)	Drink half of your weight in ounces of water in 1 day (Ex: 200lbs = 100 oz water)	Fill half your plate with vegetables for 1 meal	Write and share a note of gratitude	Call someone you care about to catch up

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Set an intention for the day (i.e. kindness, patience, etc.)	Spend 10 minutes reflecting, meditating or praying	Journal for 5 minutes	Walk 10,000 steps in 1 day	No dining out for 2 days in a row
Listen to understand instead to respond Journal for 5 minutes	Do something that brings you joy	Write and share a note of gratitude	Try a new, healthy recipe	Drink half of your weight in ounces of water in 1 day (Ex: 200lbs = 100 oz water)
Avoid screens for 1 hour before bed	Eat 3 servings of vegetables in 1 day	Free	Eat undistracted for 1 meal (no TV, phone, computer, work, books)	Have all meals planned for 2 days in a row
Fill half your plate with vegetables for 1 meal	Pay it forward 1 time	Deep breath for 2 minutes	Walk 5,000 steps in 1 day	Schedule 2024 preventive care (annual physical, mammogram, etc.)
Take a break from social media for 1 day	Eliminate alcohol for 1 day (or more)	Eat two servings of fruit in 1 day	Walk 15,000 steps in 1 day	Sleep 7–9 hours one night OR Get a vaccination (flu shot, COVID shot, etc.)

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Walk 15,000 steps in 1 day	Spend 10 minutes reflecting, meditating or praying	Listen to understand instead to respond	Do something that brings you joy	Sleep 7–9 hours one night OR Get a vaccination (flu shot, COVID shot, etc.)
Schedule 2024 preventive care (annual physical, mammogram, etc.)	Walk 10,000 steps in 1 day	Have all meals planned for 2 days in a row	Avoid screens for 1 hour before bed	Eliminate alcohol for 1 day (or more)
Call someone you care about to catch up	Drink half of your weight in ounces of water in 1 day (Ex: 200lbs = 100 oz water)	Free	Journal for 5 minutes	Write and share a note of gratitude
Eat two servings of fruit in 1 day	Set an intention for the day (i.e. kindness, patience, etc.)	No dining out for 2 days in a row	Eat 3 servings of vegetables in 1 day	Take a break from social media for 1 day
Eat undistracted for 1 meal (no TV, phone, computer, work, books)	Walk 5,000 steps in 1 day	Fill half your plate with vegetables for 1 meal	Pay it forward 1 time	Deep breath for 2 minutes

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