



## Frequently Asked Questions

### What is Bust-A-Move BINGO?

Bust-A-Move BINGO is a 2-week physical activity related challenge. The goal is for participants to complete 5 physical activity related challenges in a row on their BINGO card. Registration begins on June 22nd through July 6th. Challenge begins on July 9th through July 23rd.

### Who is eligible to participate?

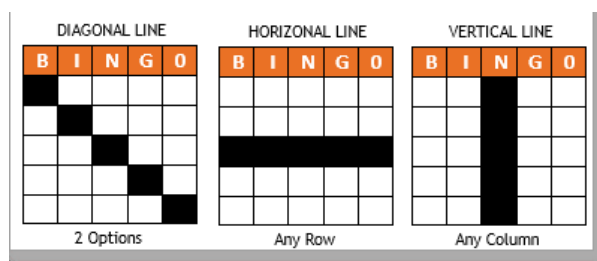
Any Healthy Lifestyles participant (benefit eligible SLCo employees and spouses/adult designees) can participate in the Bust-A-Move BINGO program to receive points. If you are an employee not enrolled in Healthy Lifestyles, you are still welcome to participate and are still eligible for prizes but not points.

### How can I get more information on the BINGO card activities?

Activities for Bust-A-Move BINGO include, physical activities, places to visit, articles to read, or video's to watch. Each BINGO space has a hyperlink you can click on that will lead you to information related to the activity. If the activity is for a specific exercise, you will be provided information on how to complete that activity. If the activity is for a place to go, you will be provided information on where and how to complete that activity.

### How do I get Healthy Lifestyles points?

You can earn 25 Healthy Lifestyles points for Bust-A-Move BINGO. We will provide you a playing card with 25 spaces, all filled with different activities to complete. To get Healthy Lifestyles points you must complete 5 of the challenges in a row, making a line. Your line can be in any direction you want (vertical, horizontal, or diagonal). There's no need to turn in your BINGO card, you will report that you successfully earned points for the challenge on the completion survey sent out at the end of the challenge.



### What if I do everything on my BINGO card (Blackout) during the challenge?

We encourage all participants to do as many of the challenges on the BINGO card as they can during the 2-week challenge. If you complete all the activities listed on the BINGO card during the 2-week period (also known as getting a Blackout) you will be entered into a drawing for a **Grand Prize!**

**Do physical activities not on my BINGO card count?**

Yes. Use the “create your own” squares to count the physical activities you already do or are interested in trying out for the first time during Bust-A-Move BINGO.

**What if I have more questions?**

If you have more questions about the challenge please contact us at [MyHealthyLifestyles@slco.org](mailto:MyHealthyLifestyles@slco.org).

**\*Please make sure to consult with your physician before starting a new physical activity regimen.\***