

Welcome to our Healthier You!
Member Activity:

SUMMERTIME FUN BINGO

- Register to participate at CommunityFirstHealthPlans.com/Healthier-You
- Complete activities of your choice to form a vertical, horizontal, or diagonal line.
- Look for a total of 4-5 total follow-up surveys from us with further instructions, including how to submit your photo proof of participation.
- Earn rewards and Community First swag!

<u>ATTEND A FITNESS IN THE PARK EVENT</u>	GO FOR A FAMILY WALK	<u>CREATE AN ACCOUNT ON THE MEMBER PORTAL</u>	SCHEDULE A VISION EXAM ¹	<u>ATTEND A LIVE VIRTUAL COOKING CLASS</u>
GET AN A1C TEST ³	<u>TAKE THE MYPLATE QUIZ</u>	PREPARE A HEALTHY MEAL	<u>SCHEDULE YOUR ANNUAL WELLNESS CHECKUP¹</u>	USE SUNSCREEN
<u>RENEW YOUR HEALTH CARE BENEFITS³</u>	PRACTICE SELF-CARE	FREE FREE FREE	GO FOR A FAMILY WALK	<u>COMPLETE ONLINE HEALTH ASSESSMENT</u>
MAKE A HEALTHY MEAL	<u>ATTEND A COMMUNITY FIRST EVENT</u>	READ A BOOK	<u>ATTEND A VIRTUAL ZUMBA CLASS</u>	DO A PUZZLE, CROSSWORD, OR WORD SEARCH
<u>ATTEND A VIRTUAL ZUMBA CLASS</u>	SCHEDULE A DENTAL CHECKUP ¹	<u>ATTEND A FITNESS IN THE PARK EVENT</u>	FILL OUT AN ASTHMA ACTION PLAN ⁴	TRY A NEW FRUIT OR VEGETABLE

¹Check your health plan benefits or call Member Services to verify coverage and recommended schedule for well checkups and vision and dental exams.

²Medicaid/CHIP recipients must renew their health benefits every year. Check your renewal status at YourTexasBenefits.com.

³An A1C test is recommended for adults over age 45 or if you're under 45, are overweight, and have one or more risk factors for prediabetes or type 2 diabetes. Ask your doctor if you need an A1C test.

⁴An Asthma Action Plan is recommended for people with asthma. Your doctor can help you fill one out for yourself or your child.

SUMMERTIME FUN BINGO



COMMUNITY FIRST
HEALTH PLANS