

Well-being Bingo

myfreebingocards.com

Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/vv866vb

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: mfbc.us/s/vv866vb

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/vv866vb

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Apply sunscreen on days when not going to the pool/beach	Complete or schedule your mammogram / prostate exam	Skin cancer self exam	Breast or testicular cancer self exam
View your preventive care guidelines	Complete / schedule annual wellness exam	Attend / view an EAP training seminar	Take the Anthem Health Risk Assessment

Well-being Bingo

Breast or testicular cancer self exam	Skin cancer self exam	Complete or schedule your mammogram / prostate exam
Attend / view an EAP training seminar	FREE SPACE	Take the Anthem Health Risk Assessment
Apply sunscreen on days when not going to the pool/beach	View your preventive care guidelines	Complete / schedule annual wellness exam

Well-being Bingo

Take the Anthem Health Risk Assessment	Skin cancer self exam	Complete / schedule annual wellness exam
Attend / view an EAP training seminar	FREE SPACE	Breast or testicular cancer self exam
Complete or schedule your mammogram / prostate exam	Apply sunscreen on days when not going to the pool/beach	View your preventive care guidelines

Well-being Bingo

Skin cancer self exam	Breast or testicular cancer self exam	Take the Anthem Health Risk Assessment
Attend / view an EAP training seminar	FREE SPACE	View your preventive care guidelines
Apply sunscreen on days when not going to the pool/beach	Complete / schedule annual wellness exam	Complete or schedule your mammogram / prostate exam

Well-being Bingo

Complete or schedule your mammogram / prostate exam	Attend / view an EAP training seminar	Take the Anthem Health Risk Assessment
Complete / schedule annual wellness exam	FREE SPACE	Skin cancer self exam
Breast or testicular cancer self exam	Apply sunscreen on days when not going to the pool/beach	View your preventive care guidelines

Well-being Bingo

Complete or schedule your mammogram / prostate exam	Apply sunscreen on days when not going to the pool/beach	Take the Anthem Health Risk Assessment
Attend / view an EAP training seminar	FREE SPACE	Breast or testicular cancer self exam
Complete / schedule annual wellness exam	Skin cancer self exam	View your preventive care guidelines

Well-being Bingo

Breast or testicular cancer self exam	Complete / schedule annual wellness exam	Skin cancer self exam
Take the Anthem Health Risk Assessment	FREE SPACE	Apply sunscreen on days when not going to the pool/beach
Complete or schedule your mammogram / prostate exam	Attend / view an EAP training seminar	View your preventive care guidelines

Well-being Bingo

Complete / schedule annual wellness exam	View your preventive care guidelines	Skin cancer self exam
Attend / view an EAP training seminar	FREE SPACE	Take the Anthem Health Risk Assessment
Apply sunscreen on days when not going to the pool/beach	Breast or testicular cancer self exam	Complete or schedule your mammogram / prostate exam

Well-being Bingo

Apply sunscreen on days when not going to the pool/beach	Complete / schedule annual wellness exam	Attend / view an EAP training seminar
Complete or schedule your mammogram / prostate exam	FREE SPACE	Breast or testicular cancer self exam
Skin cancer self exam	Take the Anthem Health Risk Assessment	View your preventive care guidelines

Well-being Bingo

Attend / view an EAP training seminar	Complete or schedule your mammogram / prostate exam	Skin cancer self exam
Take the Anthem Health Risk Assessment	FREE SPACE	View your preventive care guidelines
Complete / schedule annual wellness exam	Apply sunscreen on days when not going to the pool/beach	Breast or testicular cancer self exam

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Well-being Bingo

View your preventive care guidelines	Take the Anthem Health Risk Assessment	Breast or testicular cancer self exam
Skin cancer self exam	FREE SPACE	Attend / view an EAP training seminar
Apply sunscreen on days when not going to the pool/beach	Complete / schedule annual wellness exam	Complete or schedule your mammogram / prostate exam

Well-being Bingo

Complete or schedule your mammogram / prostate exam	Complete / schedule annual wellness exam	Skin cancer self exam
Take the Anthem Health Risk Assessment	FREE SPACE	View your preventive care guidelines
Apply sunscreen on days when not going to the pool/beach	Attend / view an EAP training seminar	Breast or testicular cancer self exam

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Skin cancer self exam	Breast or testicular cancer self exam	View your preventive care guidelines

Well-being Bingo

View your preventive care guidelines	Breast or testicular cancer self exam	Attend / view an EAP training seminar
Skin cancer self exam	FREE SPACE	Complete or schedule your mammogram / prostate exam
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Well-being Bingo

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Well-being Bingo

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