

Wellbeing Bingo

Ready to Play Your Way to Better Health?

Click on each square to discover wellbeing content, expert guidance, and helpful tools on the Champion Health platform.



Complete your
Health Assessment



Have a coffee
with a colleague



Share your favorite
Champion Health session
with someone



Track your hydration
and aim to drink 2 Litres
of water a day

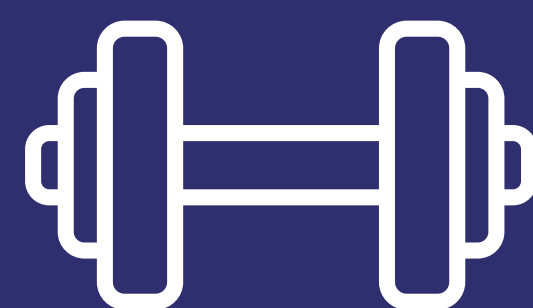
Cook a Champion
Health recipe



Listen to Champion
Health sleep story
before bed



Share Champion
Health with a friend
or family member



Complete a
Champion Health
workout



Start a wellbeing at
work conversation
with a colleague

Scan this QR code



Use this access code

code here

Discover your world of wellbeing

