



*"You can't pour
from an empty cup.*

Take care of yourself first."

SELF-CARE



Welcome to Self-Care Bingo: 3-week challenge!

What do we mean by Self-Care? Self-Care is what you can do for yourself 24 hours a day, 7 days a week to maintain health, treat minor ailments and manage chronic disease. It includes these seven pillars: **health literacy, self awareness, physical activity, healthy eating, risk avoidance, good hygiene, and optimal use of products and services.**

Self-Care Bingo will help you take active steps to improve your overall well-being and healthcare consumerism.

Everything You Need! All challenges include customization, tracking card, promotional materials, education materials, plus a follow-up evaluation of your program. AdvantageHealth can also provide weekly administrative support.

