

# A Healthy You Bingo

What can I do to create a healthy routine?



Sign up  
for health  
insurance


Schedule  
your annual  
health  
screening

Talk to your  
doctor or health  
care provider  
about cancer  
screenings



Keep a health  
record that has  
information about  
you and your  
family's health  
history

Learn  
about diabetes  
prevention



Eat a  
healthy and  
well-balanced  
diet

Incorporate  
regular exercise  
in your daily  
routine

Follow DC Health  
on all social media  
platforms to stay  
informed

Access a free copy of  
DC Health's new  
health journal at  
[AHealthyYou.dc.gov](http://AHealthyYou.dc.gov)



Scan the  
QR Code or visit  
[livingwell.dc.gov](http://livingwell.dc.gov)  
to learn more  
about maintaining  
a healthy lifestyle!