

Making social connections. Building wellness.

Social connections lead to healthier, more engaged communities. And it starts with you. *Just say Hello!*

Hello4Health™ by Allina Health is an online resource designed to build and strengthen social connections. With fun activities and tips to build skills to make connecting easier, we hope to increase your social connectedness!

Scan here
for resources & to learn
more about Hello4Health!



To scan a QR code, use your phone camera & hold it to the code, wait for the yellow box to appear and click!

B	I	N	G	O
Photo Capsule 	Invite a friend to be your bingo buddy & work on this together	Try a new vegetable & tell someone about it	Give a genuine compliment to someone	Exercise 
Wave to your neighbor	Try a new exercise & tell someone how it went	Send an encouraging text message	Volunteering 	Write a letter to a loved one you miss
Have lunch or coffee with a friend	Neighbor Map 	FREE SPACE	Smile at a stranger	Plan an outing with a friend
Block Party 	Cook a new healthy recipe with others!	Try out a new hobby!	Photos & Stories 	Pick out a new book to read & invite a friend to join you!
Find someone that you share a hobby with	Experience nature	Scavenger Hunt 	Have a sit-down meal with family or friends	Take a walk over lunch & say hello to someone new you see

Social Connections Bingo

Take the Social Connections Bingo Challenge! Invite your family and friends to take the challenge with you.

Directions

To get a BINGO put a smiley face in the box of the activity you did. To complete a QR code box, scan it to read more about the activity & tips from Hello4Health, and then complete the activity! Once you have 5 smiley faces in a row (horizontal, vertical or diagonal) you've achieved a BINGO.

Congratulations!