



Guidance for remote implementation

The Bingocize® web-based app, along with a video conferencing platform, can be used to remotely deliver Bingocize®. The web-based app can be accessed using any type of electronic device with sufficient WIFI strength. Below is a general overview of how to implement Bingocize® remotely using the web-based app and an optional method for “technology challenged” participants. A detailed instruction manual is also provided to all trained and certified leaders.

1. Prior to the first Bingocize® session, the leader provides participants a username and password to log into the app remotely. Leaders can either provide all participants with a generic participant login/password that we create at setup, or they can create unique usernames and passwords for each of their participants, using the manual we provide. No physical bingo game is necessary. Resistance bands and therapy balls contained in *Bingocize® in Box* can be physically distributed, or exercises can be modified to be done using items available to participants, if necessary. The same guidance for group size should be followed for remote delivery. A maximum of 20 participants can participate per trained leader.
2. At the beginning of each session, the leader and participants begin by logging into their preferred video conference platform, e.g. Zoom, Teams, etc. To ensure fidelity and safety, participants are required to turn on their webcam and provide their physical locations to the leader.
3. The leader logs into the app and begins an active Bingocize® session. The app is web-based, so there is no need to download the app directly onto the device. The web address is [*****play.bingocize.com/login](https://play.bingocize.com/login).
4. Each participant logs into the app on their device and joins the active Bingocize® session. Only one device is necessary to play but using one device for the Bingocize app and second device for the video conference platform may be easier to navigate for some participants. A remote option for participants struggling to use both the Bingocize® app and video conference platform is explained later.
5. Participants play along on their devices from wherever they are physically located.
6. During each Bingocize® session, leaders will facilitate exercises as outlined in the app. Recorded video demonstrations are available on the app. Leaders also guide participants through health education questions and discussion, as well as facilitate the game. The app walks the leader through all components in the correct order, making it very user friendly for the leader to facilitate sessions with participants.
7. To complete all the exercises and/or health education questions, participants play three games of Bingocize® during each session. At the end of each game, the winner is awarded a prize. Nutrition-focused prizes are available, but other types of prizes can be used. When playing remotely, prizes can be mailed, picked up at a central location, or distributed later.
8. Once someone wins the first game in a session, the leader starts a new game and continues the predetermined sequence of exercises and/or health education questions. The session ends

when the exercises and/or health education questions are complete, and a participant wins the third game. The leader then ends the session and logs out of the app. Participants also log out of the app and the video conference platform.

Is there a remote option for participants who struggle using the Bingocize® app AND video conference platform at the same time?

Participants who have trouble using the Bingocize® app AND a video conference platform at the same time have the option of using Bingocize® *paper cards* instead of logging into the app. They are still required to use a video conference platform, but using a paper card eliminates the need to navigate more than one application screen. Below are the steps for Bingocize® remote implementation using the paper card option.

1. Prior to the first Bingocize® session, Bingocize® paper cards that correspond with the Bingocize® web-based app, take-home cards, and health education question/answer sheets (if using health education units) are emailed, mailed, or physically distributed to participants. Remember, when using the app, participants do not need paper copies. Resistance bands and therapy balls contained in *Bingocize® in Box* can be physically distributed, or exercises can be modified to be done using items available to participants, if necessary. The same guidance for group size should be followed for remote delivery. A maximum of 20 participants can participate per trained leader.
2. At the beginning of each session, the leader and participants begin by logging into their preferred video conference platform, e.g. Zoom, Teams, etc. To ensure fidelity and safety, participants are required to turn on their webcam and provide their physical locations to the leader.
3. The leader logs into the app and begins an active Bingocize® session. The web address is [*****play.bingocize.com/login](https://play.bingocize.com/login). To facilitate using paper cards, the leader will share their screen with the participants using the video conference platform. This allows the participants to experience the fun and helpful features of the app including the graphics, sound effects, and exercise video demonstrations.
4. Instead of logging into the Bingocize® app, participants will play Bingocize® using a paper card. As described in the previous step, participants can experience the app when the leader shares their screen via the video conference platform.
5. During each Bingocize® session, leaders facilitate exercises using the video demonstrations by sharing their screen for participants. Paper health education question/answer sheets (if using health education units) are used by participants in place of the app, but the leader's screen will still show the questions as well.
6. To complete all exercises and/or health education questions, participants play three games of Bingocize® during each session. At the end of each game, the winner is awarded a prize. Nutrition-focused prizes are available, but other types of prizes can be used. When playing remotely, prizes can be mailed, picked up at a central location, or distributed later.
7. After someone wins the first game, participants clear their paper cards, and the leader starts a new game on the app. The next game continues with the predetermined sequence of exercises

and/or health education questions. The session ends when the exercises and/or health education questions are complete and a participant wins the third game. The leader then ends the session and logs out of the app. There is no need for participants to log out of the app because they were using paper cards to play.

Can some participants play remotely using the Bingocize® paper cards while others play remotely using the Bingocize mobile app?

Yes! The Bingocize® app is designed so players can participate in the same session using either a Bingocize® paper card OR the web-based app. More details are available in the leader instruction manual.