

## Guidance for remote implementation of Bingocize®

**Option 1: Hybrid delivery**- This option is the most widely used and successful option so far. Experienced users are available to help guide you through implementation.

A combination of the traditional delivery and the mobile app can be used remotely with the aid of video conferencing technology e.g. Zoom, Facetime, [Uniper-Care Technologies](#), etc.

1. Bingocize® Mobile-app style paper bingo cards, take-home cards, and health education questions/answer sheets (if using health education units) emailed, mailed, or physically distributed to participants (resistance bands/therapy balls can be physically distributed or exercises can be modified to be done without equipment)
2. Prizes can be mailed or distributed at a later date
3. Leader will print the session and will have them in front of them. This will guide them to correct answers for falls prevention or nutrition questions (if using health education units).
4. Leader and participants log into video conference software
5. Leader logs into the mobile app and begins a Bingocize® session. Firefox and Chrome browsers work best.
6. At least one person must log in as a participant to play the game on the app. The leader themselves can join the game with another device (i.e. tablet or cell phone).
7. Leader shares the leader screen from the mobile app with the participants via video conference technology.
8. Participants play along at home using the mobile-app style paper bingo cards, take-home cards, health education questions/answer sheets (if applicable).
1. Prizes can be mailed or distributed at a later date.

**Option 2: Full Mobile app delivery**- This option is ideal for groups of older adults with significant experience using video conference software.

The Bingocize® mobile app can be used remotely with the aid of video conferencing technology e.g. Zoom, Facetime, [Uniper-care Technologies](#), etc.

1. Take-home cards emailed, mailed, or physically distributed
2. Resistance bands/therapy balls can be physically distributed or exercises can be modified to be done without equipment
3. Leader will send participants' username and password to them before the first session
4. Leader and participants log into video conference software
5. Leader logs in and begins a Bingocize® session on the Bingocize® app. Firefox and Chrome browsers work best.
6. Each participant will log in on their device and join the active session. Firefox and Chrome browsers work best.
7. Participants play along on their devices from wherever they are located
8. Prizes can be mailed or distributed at a later date