



iStrive App: Wellness at Your Side

Make positive lifestyle changes and form healthier habits with “at your fingertips” technology. This handy app lets you set lifestyle goals, track your progress, and participate in challenges hosted on the iStrive portal.

- 1 Download the free **Wellness at Your Side** app from the Apple or Google Play app store.
- 2 Open the app and select “Use Your Connection Code”.
- 3 In all lowercase letters, enter **istrive**.
- 4 Select “Use your Single Sign-On” (SSO).
- 5 The hap.org login screen will open
 - **Members:** Login with your hap.org username & password
 - **Non-members:** Login with the username and password created when setting up your iStrive account.
- 6 The Wellness at Your Side app will open.

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