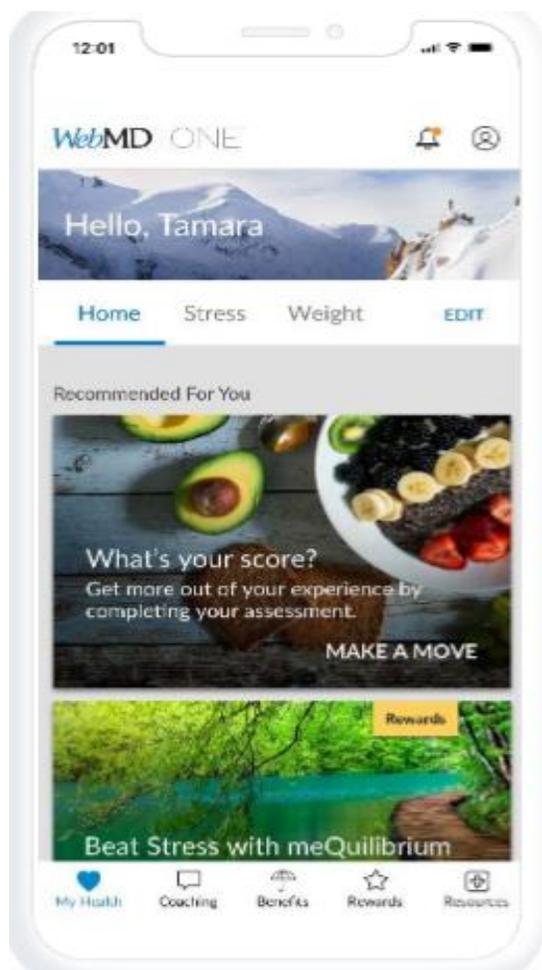# iStrive for Better Health- Digital Wellness Platform



The iStrive portal is a personalized platform that allows you to reach personal goals: fitness stress management, weight management, tobacco cessation, nutrition and more.
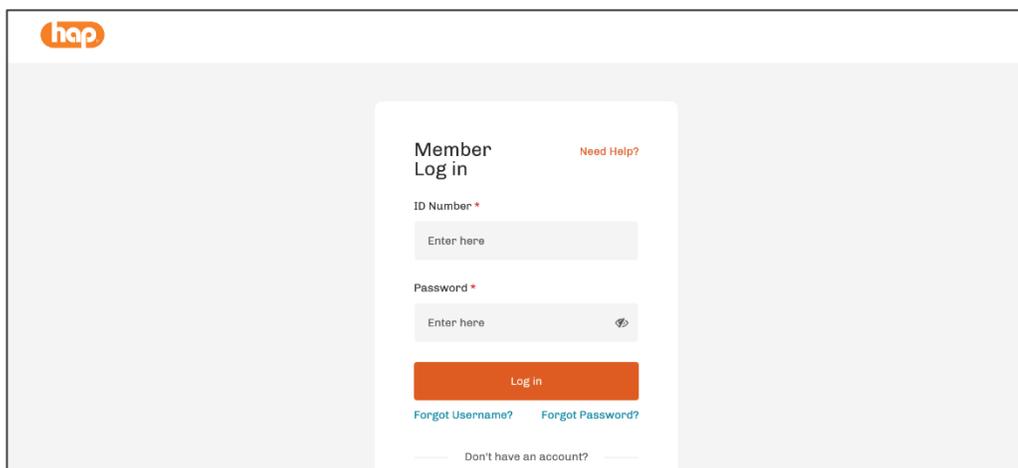
iStrive is highly secure to keep personal information safe. There is also simple navigation which makes it easy to find tools, resources, and information.

When you register for iStrive you can:

- Access your rewards program
- Participate in quarterly challenges
- Take your health assessment for a current health snapshot
- Register for live webinars
- Set and reach goals for: fitness, weight management, nutrition, tobacco cessation, nutrition, and much more!
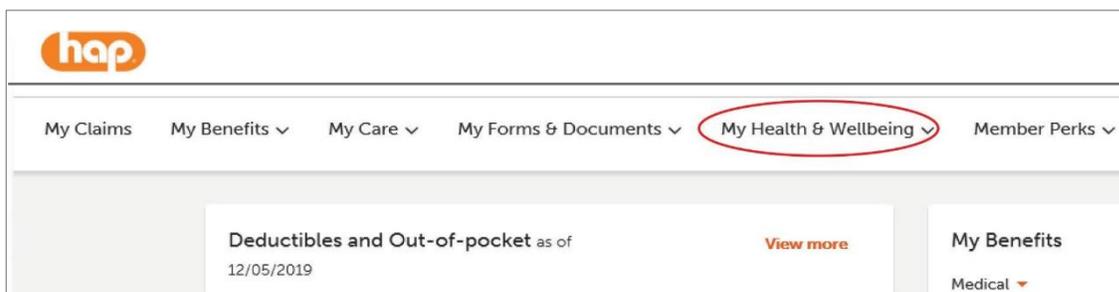
# iStrive Member Login & Registration

**1** How to log in: Go to **hap.org.** Enter your HAP member ID and password, then click on "Log in". If you are not registered, click on "Register now" and follow the prompts to complete your registration*. Once you're registered, return to hap.org to enter your member ID number and password.



**2** How to log in to iStrive: Once logged in, click on **My Health & Well-being** on the navigation bar. This tab sends you to the rewards program home page.



**3** If you're a first-time user, you'll be asked to initially register on iStrive. If you have registered before, you will not be required to register again.

*Registering on iStrive automatically opts you into having data uploaded to the iStrive Digital Wellness Manager. Opting out and selecting "no" to upload your data will prevent crediting for biometric uploads and not apply credit toward your reward incentive.*