Get Healthy. Win Prizes.

Challenge: Small Steps to Big Change

Registration Opens:	*Challenge Begins:*	*Challenge Ends:*
September 18	**October 1**	**October 31**

Explore diversity, equity, and inclusion with this step challenge!

You will take steps in a digital cross-country journey to major landmarks, locations, and places that have a diverse and historic background. Your goal is to walk 8,000 steps each day as you go on a digital trip around the country. During the trip, you will learn about commemorating events and leaders that are pivotal in the quest for racial and social justice. Track at least 8,000 steps a day for at least 15 of the next 31 days to be entered into a drawing to win a gift card! **Registration ends October 8, 2023**

Prizes: $100 gift cards to the team with the most steps. A randomized drawing will be done for $20 gift cards to 3 participants who meet the requirements.

Who is eligible?

All HAP Members

How to participate?

1. Go to **hap.org** and log in.
2. Click on the *My Health and Wellness* tab.
3. Click on *iStrive for better health.*
4. Enroll in the *Small Steps to Big Change challenge*
5. Log your progress throughout the challenge.

Prize information

All participants that meet the minimum participation requirements will be entered into the prize drawing. HAP, Henry Ford Health System and OptimEyes employees and family members covered by HAP insurance, and non-members participating in employer sponsored programs are not eligible for the prize drawing.

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