Get Healthy. Win Prizes.
Challenge: Healthy Holiday

Registration Opens: October 17th

Challenge Begins: November 1st

Challenge Ends: November 30th

This challenge invites you to incorporate healthy options during the busy holiday season! With the abundance of deliciously indulgent foods it can be hard to resist. Try eating 5 servings of fruits and veggies each day, bringing a healthy dish to a holiday gathering, or making a morning smoothie to stay on track. Strive to hit this goal and track your healthy food intake for at least 15 of the next 30 days to be entered into a drawing to win a $100 gift card! Registration ends November 7, 2022.

Prizes: $100 gift cards to 5 winners*.

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 Healthy Holiday Challenge on the iStrive home page.
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.