



Get Healthy. Win Prizes. 2021 Well-being Challenges



February

The Invitational

Pick up your steps with a little friendly competition! You will be part of a five-person team that competes against a new team each week for five weeks. Team matchups are based on performance, for a fairer competition. Enter your steps each round, and sync your fitness device or enter your steps manually.

May

Rethink your Drink

This Challenge encourages you to pick up your water bottle put down the sugary drinks. Sometimes it's hard to put down your coffee, juice or soda. This month focus on drinking more water for at least 15 of the next 30 days.

August

Five to Thrive

Eat at least 5 servings of fruits and veggies each day. Fruits and veggies pack a powerful nutrition punch and this challenge gives you a chance to benefit by getting enough of these each day. Track 15 of the next 31 days.

November

Seize the Zzzz's

Take a load off and get some sleep! Most adults need 7-9 hours of sleep each night. Strive to hit this goal and track your sleep for at least 15 of the next 30 days. Good sleep offers a variety of health benefits, this month, wake feeling refreshed and recharged!

Join the Well-being challenge

HAP is challenging you to make small changes to a healthier you. Each quarter will focus on a new area of your well-being. Join the challenge on your own, with a co-worker or your spouse to stay motivated and engaged in your health.

Join two weeks before the challenge date at hap.org/istrive

Who can participate?

HAP members. Only eligible HAP members, spouses and domestic partners age 18 or older can earn an entry for the prize drawing. HAP, Henry Ford Health System and OptimEyes employees and family members aren't eligible.

Meet the goal

- Log at least 15 days during the challenge on the iStrive digital wellness manager.
- Be entered into a raffle for really cool prizes!

HAP and its subsidiaries do not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.

Always consult your physician before beginning any wellness program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional's input or guidance.