



Get Healthy. Win Prizes.

Challenge: Rethink Your Drink

Q2: April - June

Registration Opens: April 1st

Challenge Begins: May 1st

This Challenge encourages you to pick up your water bottle and put down the sugary drinks. You know that drinking water is good for you, yet 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 to be entered into a drawing to win a \$200 gift card.

Prizes: \$200 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 Rethink Your Drink Challenge on the iStrive home page.
5. Log your progress throughout the challenge.
6. Registration ends May 15, 2021.

Prize information*

All participants that meet the minimum participation requirement will be entered into a 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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