

A photograph of a woman with dark hair, wearing a light blue tank top, sleeping peacefully in a bed with blue bedding. The room is dimly lit, with a bedside lamp visible in the background.

# Get Healthy. Win Prizes.

## Challenge: Seize the Zzzz's

**Q4: October - December**

**Registration Opens: October 1st**

**Challenge Begins: November 1st**

This challenge invites you to take a load off and get some sleep! The lack of proper sleep can contribute to a wide array of health problems. 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 to be entered into a drawing to win a \$200 gift card! Good sleep offers a variety of health benefits. This month, wake up feeling refreshed and recharged! Registration ends November 15, 2021.

**Prizes: \$200 gift cards to 5 winners\*.**

### Who is eligible?

All HAP members

### How to participate?

1. Go to [hap.org](http://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 Seize the Zzzz's 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.

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.