



Get Healthy. Win Prizes.

Challenge: The Invitational

Q1: January-March

Registration Opens: January 6th

Challenge Begins: January 27th

This challenge invites you to 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. At the end of each round winning teams will be placed into a drawing for a \$20 gift card per person, one team will win each week! At the end of the challenge the team with the most steps total will win a \$100 gift card per person. Be sure to enter your steps each round, you can sync your fitness device or enter your steps manually. Don't miss your chance to join this friendly competition!

Prize drawing: \$20/person, 1 team each week.

Prize based on performance: team with most steps total \$100/person.

HAP Members

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 Invitational Challenge on the iStrive home page.
5. Log your progress throughout the challenge.

Non-HAP Members

1. Go to webmdhealth.com/HAP to log in.
2. Click on the My Health tab.
3. Enroll in The Invitational Challenge on the iStrive home page.
4. Log your progress throughout the challenge.

Prize information

All participants that meet the minimum participation requirement will be entered in a raffle. HAP, Henry Ford Health System and OptimEyes employees and family members aren't eligible for the prize drawing.