



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. Registration ends May 15, 2021.

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

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 Rethink Your Drink 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 Rethink Your Drink 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 into a prize drawing. Family members covered by HAP insurance aren't 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.