



Get Healthy. Win Prizes. **2022 Well-being Challenges**

February

Resolution Reset

Make your new year's resolution come true with this accountability challenge. Choose to break a bad habit like limiting caffeine or start a new, wholesome habit such as adding a serving of fruit to your breakfast. Track 15 of the next 28 days to complete this challenge.

May

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 match ups are based on performance for a fair competition. Enter your steps each round by syncing your fitness device or enter your steps manually.

August

Stress Less

Do you find yourself becoming more anxious as summer begins to fade into fall? Take the time this month to relieve stress by practicing relaxation activities and taking time for self-care. Spend at least 5 minutes each day de-stressing for at least 15 of the next 31 days.

November

Healthy Holiday

With the holidays in full swing, it is easy to indulge and disrupt healthy eating habits. Try eating 5 servings of fruits and veggies each day to stay on track. Whether it's bringing a healthy dish to a holiday gathering or making a morning smoothie; track your intake for at least 15 of the next 30 days.

Why join the well-being challenges?

HAP is challenging you to make small changes to become a healthier version of yourself throughout the year. Each quarterly challenge will focus on a new area of your well-being. By joining and participating in each challenge, you will stay motivated and engaged in your personal well-being throughout the entire year. Not to mention, there are multiple chances to win great prizes by completing each challenge!

Be sure to register **two weeks** before the challenge date on the iStrive portal.

Who can participate?

HAP members (*Employees of HAP, Henry Ford Health System and Henry Ford OptimEyes (HFO) and their 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.