



Get Healthy.
Win Prizes.

2023 Well-being Challenges

February

Cheers To a More Hydrated You

Cheers to a more hydrated and healthier you in 2023! This challenge will hold you accountable and encourage you to drink more water throughout the day. Choose to track your water intake with a fun, reusable water bottle or track your glasses of water to jump start this great habit. Track water intake for at least 15 of the next 28 days.

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

August

Build Strength with Planks

Do you feel like your core could use some strengthening? Take the time this month to develop and strengthen your core muscles. Planking not only builds strength, but it also helps with balance and posture. Spend at least 30 seconds doing a plank exercise at least 15 of the next 31 days.

October

Small Steps to Big Change

Explore diversity, equity, and inclusion with this step challenge. You will take steps in a digital cross-country journey to major landmarks, locations and places that have a diverse and historic background. Your goal is to walk 8,000 steps each day as you go on a digital trip around the country. Track your steps for at least 15 of the next 31 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 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. 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.