



# Get Healthy. Win Prizes.

## Challenge: Cheers To A More Hydrated You

**Registration Opens:**  
January 18

**Challenge Begins:**  
February 1

**Challenge Ends:**  
February 28

### 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. The goal is to drink at least six or more 8 ounce glasses of water a day. Choose to track your water intake with a fun, reusable water bottle or track your glasses of water to jumpstart this great habit. Track at least 15 of the next 28 days to be entered into a drawing to win a \$100 gift card.

**Registration ends February 8, 2023.**

**Prizes: \$100 gift cards to 5 winners\***

#### Who is eligible?

All HAP Members

#### How to participate?

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 *Cheers To A More Hydrated You 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.

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