



Get Healthy. Win Prizes.

Challenge: The Invitational

Q2:
April - May

Registration Opens:
April 19

Challenge Begins:
May 3

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 fair competition. At the end of each round, winning teams will be placed into a drawing. One team will win each round and each person on the winning team will win a \$20 gift card. For the grand prize, the team with the most steps total will win a \$100 gift card per person. Enter your steps each round by syncing 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.
Grand Prize: \$100/person, for the team with most steps total.

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 *Invitational 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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