



Get Healthy. Win Prizes.

2025 Well-being Challenges

February

The Sugar Challenge

Do you have a sweet tooth? The Sugar Challenge is a 28-day challenge that involves removing the added sugar from your diet. This will help improve your approach to the foods you eat by enhancing your knowledge and giving you a better understanding of how food affects your body.

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. Not only does this exercise build strength but it also helps with balance and posture. Spend at least 30 seconds a day planking and build up your time throughout the month.

October

Keep the Change

With the holidays fast approaching, it is easy to lose track of your financial goals. Figure out what your savings goals are and what you would like to accomplish this month. Set aside a daily dollar amount your budget can afford. Whether it's one penny, one dollar or ten dollars, it all adds up. Take on your financial well-being this month!

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 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.