



# Get Healthy. Win Prizes.

## Challenge: The Sugar Challenge

**Registration Opens:**  
January 15

**Challenge Begins**  
February 1

**Challenge Ends:**  
February 28

### Cut Added Sugar in 2025

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! Add up your daily added sugar intake each day this month and track it in the iStrive portal.

Track at least 15 of the next 28 days to be entered into a drawing to win a \$100 gift card. **Registration ends February 5.**

**Prize drawing: \$100/**  
person, 5 winners\*



Track at least 15 of the next 28 days to be entered into a drawing to **win a \$100 gift card.**

### Who is eligible?

All HAP members.

### HAP Members

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 *Sugar 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 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.