



Get Healthy. Win Prizes.

Challenge: The Invitational

Registration Opens: April-May

Challenge Begins: May 4th

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 fairer 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, All winning teams from each cycle will be entered into the drawing.

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 requirement will be entered into a prize drawing. HAP, Henry Ford Health System, and OptimEyes employees and family members covered by HAP insurance, and non-members participating in employer sponsored program 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.

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