



stress
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Get Healthy. Win Prizes. Challenge: Stressless

Registration Opens: July 18th

Challenge Begins: August 1st

Challenge Ends: August 31st

This challenge encourages you to relieve stress each day. Taking time to de-stress and practice relaxation activities each day can leave a lasting impact on your overall well-being. The Stressless Challenge gives you a chance to rake in the benefits of less stress. Setting aside the time to try out meditation, going for a walk, or trying out essential oils - incorporating these de-stressing activities each day can leave you feeling refreshed. Track 15 of the next 31 days to be entered into a drawing to win a \$100 gift card! Registration ends August 8, 2022.

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 Stressless 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.

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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