



Get Healthy. Win Prizes.

Challenge: Hydrate for Health

Registration Opens:
July 18

Challenge Begins:
August 1

Challenge Ends:
August 31

Could you drink more water during the day?

With the summer heat, you need to make sure that you are staying hydrated! This accountability and encouragement challenge will help you to drink more water. Choose to track your water intake with a fun reusable water bottle or track your glasses of water to jumpstart this great habit. Track 15 of the next 31 days to be entered into a drawing to win a \$100 gift card! **Registration ends August 8, 2024.**

\$100



**Gift card
for 5 winners***

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 *Hydrate for Health 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.

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