



Get Healthy. Win Prizes.

2024 Well-being Challenges

February

Happy Habits

As the winter months continue, take the time to incorporate happy habits that make you feel good and support your overall well-being. A happy habit could be reading a book, taking a walk, or listening to a feel-good song. Incorporate your happy habit and track at least 15 of the next 29 days to complete this challenge.

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

Hydrate for Health

Beat the summer heat! Stay hydrated with this accountability and encouragement challenge. Track your water intake to jumpstart this healthy habit that your skin and body have been quenching for. Track that you have drank at least six or more 8-ounce glasses of water each day for at least 15 of the next 31 days.

October

Financial Focus

Explore your financial goals with this encouragement & accountability challenge that will push you to focus on your financial well-being. You can select one or multiple financial goals to work on such as saving a certain amount each week, create a budget, or meet with your financial advisor. Complete your goal(s) at least 15 of the next 31 days.

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.