



Get Healthy. Win Prizes.

Challenge: Happy Habits

Registration Opens:
January 17

Challenge Begins:
February 1

Challenge Ends:
February 29

Building Happy Habits in 2024!

Do the winter months seem to drag on? Take the time this month 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, baking, or watching something that makes you laugh. Incorporate a happy habit each day this month and track it in the iStrive portal. Track at least 15 of the next 29 days to be entered into a drawing to win a \$100 gift card. **Registration ends February 7, 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 *Happy Habits 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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