



# Get Healthy. Win Prizes.

## 2026 Well-being Challenges

### February

#### The Fiber Focus Challenge

Do you eat enough fiber? The Fiber Challenge is a 28-day challenge that involves eating your recommended amount of dietary fiber each day. This will not only help improve your overall diet and digestion but change your approach to the foods you eat by enhancing your knowledge and giving you a better understanding of how food affects your body!

### 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

#### Improve Your Mood

Life can be busy, and each day comes with its own set of tasks and challenges. Have you ever felt overwhelmed with what needs to be done, what you should be doing or what's to come? This can ultimately affect your attitude, blinding us to what's most important in life. Spend the next 31 days completing at least one healthy habit each day to improve your mood.

### October

#### Attitude of Gratitude

Did you know that grateful employees have a greater sense of purpose? Strong emotional engagement and connection can result in a healthier employee. Studies show that gratitude and a sense of overall well-being are strongly connected. This challenge is focused on helping employees identify - through their preferred method each day - the people, places, and things they are grateful for.

### Why join the well-being challenges?

We are 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.*

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