



# Get Healthy. Win Prizes.

## Challenge: Fiber Focus

**Registration Opens:**  
January 14

**Challenge Begins**  
February 1

**Challenge Ends:**  
February 28

### Increase Fiber in 2026

The Fiber Focus 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! Add up your daily fiber intake each day this month and track it in the iStrive portal.

Track at least 15 of the next 28 days to be entered into a drawing to win a \$100 gift card. **Registration ends February 4.**

**Prize drawing: \$100/**  
person, 5 winners\*



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### 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 *Fiber Focus 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.

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.