



Get Healthy. Win Prizes.

Challenge: The Invitational

Registration Opens:
April 15 - April 28

Challenge Begins
April 29

Challenge Ends:
June 3

This challenge invites you to 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 rounds. Team match-ups are based on performance for a fair competition. At the end of each round, the winning teams will be placed into a drawing. One team will be selected each week from the drawing and each person on the winning team will win a **\$20 gift card**.

For the grand prize, the top five teams with the most steps will be entered in a prize drawing to win a **\$100** gift card per person. Enter your steps for each round by syncing your fitness device or entering your steps manually. The last day to **register is April 28**.

Prize drawing: \$20/person,
1 team per week*



Grand Prize: \$100/person,
top five teams with the
most steps will be entered
into a drawing.

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 *Invitational 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.