



# Get Healthy. Win Prizes.

## Challenge: Improve Your Mood

**Registration Opens:**  
July 18

**Challenge Begins**  
August 1

**Challenge Ends:**  
August 31

### Do you find yourself feeling overwhelmed balancing life's daily tasks and challenges?

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, blindsiding 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.

Track 15 of the next 31 days to be entered into a drawing to win a \$100 gift card! **Registration ends August 9.**

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



Track at least **15 of the next 31 days** to be entered into a drawing to win a **\$100 gift card.**

### 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 *Improve Your Mood Challenge* on the iStrive home page.
5. Log your progress throughout the challenge.

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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