



Get Healthy. Win Prizes.

Challenge: The Invitational

Registration
April 17 - April 30

Challenge Begins:
May 1

Challenge Ends:
June 4

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 weeks. Team matchups 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 each round by syncing your fitness device or enter your steps manually. Don't miss your chance to join this friendly competition!

Prize drawing: \$20/person, 1 team each 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.

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