



iStrive® for Better Health Resources

To register

HAP member

1. Go to hap.org/istriveworksite. Enter your HAP member ID number and password, then click on *Log In*. If you're not yet registered, click on *Register Now* and follow the prompts to complete your registration. After you've registered, return to hap.org to enter your member ID number and password.
2. Once logged in, click on the *My Health & Wellness* tab.
3. Click on *iStrive for Better Health*. The first time you log in, you'll be asked to select your preferred contact method. You can also choose any health topics of interest.

Non-HAP member

1. Visit hap.org/istriveworksite.
2. Click on *here* under *If you're not a HAP member*.
3. Click on *Register after First Time Here?*
4. Complete the New User Registration form. Once you're registered, log in to webmdhealth.com/HAP

To log in to iStrive

Visit hap.org/istriveworksite

- **Members:** Enter your HAP member ID number and password.
- **Non-members:** Use the username and password you created during registration.

To complete your health assessment

1. At the top of the iStrive page, click on *Healthy Living*.
2. Click on *Health Assessment* and select *Take It Now*.
3. Complete the questionnaire.
4. You'll know you've successfully completed your assessment when you receive your health score. You can print or save your health assessment.

To use My Health Assistant

The health assessment provides a secure, personalized snapshot of your current health status. It will identify your risk areas so you can better manage your health. It will also help you choose a goal.

1. At the top of the iStrive page, click on *Healthy Living*.
2. Select *My Health Assistant* and choose a health goal.
3. Click on *Create Goal*.
4. Create your action plan.
5. Check your action plan weekly until you reach your goal. The time it takes to reach your goal depends on the program you choose. Minimum completion time is four weeks.

To sign up for HAP's quarterly challenges

1. Click on the available quarterly challenge near the bottom of the iStrive home page.
2. Register by creating a display name.
3. Check box to agree to terms.
4. Learn about the challenge by scrolling down and selecting *Rules & Rewards* to find out how to win prizes.

To sync an activity measuring device

1. At the top of the page, click on *Health Record* and select *Device and App Connection Center*.
2. Select your device.
 - a. If you've already set up your device, enter your username and password for your device.
 - b. If you haven't registered for your device, select *Connect Account* on right hand side of the pop-up and follow the instructions on the device's site to establish an account.
3. Once you've completed the selection process, you'll see your Device Connection Center dashboard and you can start tracking your activities.

Questions? Send an email to wellness@hap.org. You will receive a response within two business days.