iStrive® for Better Health

Your digital wellness manager.

When was the last time you took an inventory of your health? Not just the basic health statistics, but an in-depth look at the way you live each and every day? We want you to be as healthy as you can be. That's why HAP is partnering with

WebMD® Health Services to bring you iStrive® for Better Health - a digital wellness manager that offers free tools and programs designed to help you with your health and wellness goals.

HAP's iStrive® for Better Health is powered by WebMD® Health Services. A name you can trust. You will have unlimited access to doctor-developed online tools to help manage your health and increase your overall well-being:

The **Wellness Bucks Program** allows you to track wellness actives and redeem wellness bucks to earn rewards through the year.

The **health assistant** tool will help you reach your goals in these areas:

- Fitness
- Weight management
- Nutrition
- Stress management
- Tobacco cessation

Health topics give you in-depth assessments and tips about specific health issues such as:

- Asthma
- High cholesterol
- Depression
- Chronic fatigue
- Diabetes

Search helps you fi   information on health topics from A to Z.
- At the top right corner of the iStrive home page, just enter your search term, and click the search button to get fast results from reliable, up-to-date sources.

Health trackers help you monitor your progress.
- Whether your goal is to keep track of daily blood sugar levels, lower your blood pressure or start a routine workout plan, trackers are an easy way to chart your progress.

The device and app connection center allows you to sync your health apps or wearable fitness tracker.
- Simply choose your device, sync with iStrive, and start tracking. Over 140 devices and apps are supported!

Log in and get started today!

To access these programs, log in at **hap.org** and select iStrive® for Better Health

Access iStrive for Better Health

HAP makes it easy to access all of the health information and tools you need. To access iStrive® for Better Health anfd to earn rewards, just follow the login instructions below.

Register from your computer:

HAP member

1. Go to hap.org. 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 will be asked to select your preferred contact method. You can also choose any health topics of interest.

HAP Web Site Login For:
Members - Providers - Employers - Payers - Producers

ID Number: _____

Password: _____

Login Help   Log In ▶

Not Registered?   Register Now

Non HAP member

1. Visit hap.org/istriveworksite (different site)
2. Click on *If you're not a HAP member*
3. Click on *First Time Here? Register*
4. Complete the New User Registration form

If you're not a HAP member

Start here and enter your username/password

How to maximize your portal:

Use My Health Assistant
Use your health assessment to guide you on how to choose a goal.

1. Log in to iStrive.
2. At the top of the page, click on *Healthy Living*.
3. Select *My Health Assistant* and choose a 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.

Sign up for HAP's quarterly challenges

1. Click on the available quarterly challenge on the iStrive home page.
2. Registrar by choosing a display name.
3. Learn about the challenge by scrolling down and selecting *Rules & Rewards* to read how to win prizes.

Syncing an activity measuring device
Get connected by choosing your device, syncing with WebMD, and tracking. Follow these steps to sync your device with iStrive:

1. Log in to iStrive.
2. At the top of the page, click on *Health Record* and select *Device Connection Center.*
3. In the Device Connection Center, select your device.
4. Once you've selected your device, you'll have two options:
   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 *Create New Account* on right hand side of the pop-up and follow the instructions on the device's site to establish an account.
5. Once you've completed the selection process, you'll see your Device Connection Center dashboard *and start tracking.*