Dear Valued HUGHP Member,

It's time to "Rethink your Drink" as our "Year of Wellness" continues with a Hydration Challenge.

How does it work?
To successfully complete the Rethink Your Drink Hydration Challenge, participants need to log at least 64 ounces of water a day, for an average of 4 days per week, for a 4–week period.

Sounds easy, right? Get started by following the steps below:

1. Log into your AHealthyMe account (or create one online).
2. Register for the challenge using the Challenge Widget on your AHealthyMe homepage.
3. Start logging your water when the challenge begins on July 23. (Deadline to enroll is July 29).

What's in it for me?

- Fun and a chance to win a gift card

Each participant who completes the 4–week challenge will be entered into a raffle to win a $35 gift card from a merchant of their choice. Fifteen prizes will be awarded!

Join Now