What is the flash challenge?

For this Flash Challenge, we challenge you to stay hydrated in the days before your Health Evaluation. The goal of this challenge is to log at least 8 cups of water each day of this flash challenge.

Once you’ve successfully completed this flash challenge, here’s what you need to do to receive points:

1. Log into www.myinteractivehealth.com and click on the Action Plan tab (If you’re not already registered on the website, use sponsor code K6UV3 to create an account).
2. Click on the All Activities button.
3. Click on the Water you Drinking? Flash Challenge.
4. Log at least 8 cups of water every day of this flash challenge and verify your participation.
5. Click Update to earn your 5 points.

When do I have to record my participation for the flash challenge by?

Your Water you Drinking? Flash Challenge participation must be recorded by midnight on July 17 to earn 5 points.

Ways that you can drink more water:

- Add fruit or vegetables to your drink
- Drink a glass every hour
- Try using an app to count your cups
- Keep a water bottle with you at all times
- Order water at a restaurant instead of soda

Unable to participate in this challenge?

Review your Personal Action Plan to see all of the ways that you can earn points towards your incentive. If it is medically inadvisable for you to participate and you are unable to achieve your incentive through other means, you might qualify for an opportunity to earn points by different means. Please contact Interactive Health no later than 4 weeks prior to the end of the campaign at (800) 840-6100 or at rasrequest@interactivehealthinc.com to request a reasonable alternative standard to qualify for the incentive.