

Essay due: Monday, April 20th, 2026



Elementary School

Essay length:

200-350 words

1st Place: \$200 gift card

2nd Place: \$100 gift card

Middle School

Essay length:

350-500 words

1st Place: \$200 gift card

2nd Place: \$100 gift card

High School

Essay length:

400-600 words

1st Place: \$400 gift card

2nd Place: \$200 gift card

Scan me:



Contest Rules

- **Who can enter:** Students who reside in and attend Flint/Genesee County schools, including home-school, private school **Grades 5-12, and 5th year students. Winners from previous years are not eligible.**
- **Essays must be typed, or clearly handwritten** (High School typed only.)
- **Essays must include:** Student Name, Address, Email Address, Contact Phone Number, Grade, Teacher, School Name, Parent Phone Number and Email Address.

Essay Topics

Essay Must include:

- Your current health
- Your family's health history
- The family members you talked to

Optional Topics:

- How you can make your life healthy
- What you learned to help you stay healthy
- Goals you have for a healthy future

Submission/Contact

- **Email essay and questions to:**
healthheritage@countyhealthplans.org
- **Mail/drop off essay to:**
 - Genesee Health Plan, Attn: Shannon Nemes, 2171 S. Linden Rd., Flint, MI 48532
- **Questions? Call Shannon Nemes (810) 339-6391**