

Get the Point

Incentive Campaign Q + A



UNIVERSITY
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Many Traditions One Alaska

What is the Get the Point Incentive Campaign (GTP)?

GTP helps you incorporate healthful habits into your lifestyle. When you track your activities in GTP monthly, you'll accumulate points. When you reach a point goal you'll get a congratulatory email message and a reward. (See prize/tier chart on page 2 for current prizes). GTP rewards you for all your activities, not just exercise. So come on—"Get the Point!"

What makes the Get the Point Incentive Campaign unique?

GTP is tailored for you and allows you to set your own goals, plus it's new and improved for 2009! It is even easier to use, and we've added new prizes!

Who can participate and who is eligible for prizes?

All UA staff, faculty and dependents can use GTP to track activities. Dependents are not currently eligible for prizes.

When does the Get the Point Incentive Campaign start?

Choose your own individualized start date anytime between February and April. Record your activities at least once a month in any one of the 4-month incentive campaign periods. (Incentive campaign periods: February - May, March - June, April - July.) Once you start, you have four months to complete the GTP Incentive Campaign.

How do I participate?

- Step 1:** Register as a New User in GTP. Find the link to GTP on the UA Health In Action website at <http://www.uahealthinaction.com>, or go directly to <http://gtp.winforalaska.com>.
- Step 2:** Click the "Biometrics" tab to enter your biometric data. (If you're an IHP participant you can import your most recent biometric screening results.)
- Step 3:** Click the "Enter Points" tab to begin tracking your activities.
- Step 4:** Click the "My Tracking" tab under "Enter Points" to track your aerobic exercise and nutrition activity on your tracking calendar. (This calendar can be printed and includes suggested serving sizes, max heart rate formula, and how to determine exercise intensity.)
- Step 5:** Click additional tabs under "Enter Points" to track other activities.

How do I earn points?

You earn points by:

- Tracking your aerobic exercise and nutrition activity on the "My Tracking Calendar" (e.g., eating the recommended servings of nuts and seeds, fruits, vegetables, and whole grains; exercising; and not smoking).
- Participating in and tracking your "Monthly Wellness Events" (e.g., attending a Wellness Break or a 30-minute health class, or trying a new healthy snack).
- Completing and tracking your "Wellness Goals" (e.g., drinking eight-8 oz glasses of water for 25 days or more in a month).
- Completing and tracking your "Mental/Spiritual Health" (e.g., taking 15 minutes of personal quiet time at least 25 days in a month).
- Making and tracking a "Safety/Health Decision" (e.g., changing the batteries in your smoke detectors).

What if the activity I completed is not listed in the Get the Point Tracking System?

If your activity is not listed in GTP, then choose an activity that it most closely resembles. If you have questions or would like us to consider adding an activity permanently to GTP, please contact us at getthepoint@winforalaska.com.

Get the Point Q + A Continued

If I can't remember my Get the Point Tracking System login, what do I do?

Simply click the "Forgot Password?" link on the GTP home page to have it emailed to you directly.

What's my point goal and what type of prizes can I earn?

Tier Level	2-month Point Goal/Incentive Prize	4-month Point Goal/Incentive Prize
	Incentive Campaign Periods Feb 1 - Mar 31 Mar 1 - Apr 30 Apr 1 - May 31	Incentive Campaign Periods Feb 1 - May 31 Mar 1 - Jun 30 Apr 1 - Jul 31
Tier I Beginning a Healthy Lifestyle	Track 180 points in any one of the 2-month incentive campaign periods and earn a pedometer .	Track 360 points in any one of the 4-month incentive campaign periods and earn a \$50 cash card .
Tier II Consistent Healthy Lifestyle	Track 360 points in any one of the 2-month incentive campaign periods and earn your choice of a pedometer or cooler tote .	Track 720 points in any one of the 4-month incentive campaign periods and earn a \$75 cash card .
Tier III Integrated Healthy Lifestyle	Track 720 points in any one of the 2-month incentive campaign periods and earn your choice of a pedometer, cooler tote, or gym bag .	Track 1,440 points in any one of the 4-month incentive campaign periods and earn a \$100 cash card .
Elite Tier Going the Extra Mile Lifestyle	Track 810 points in any one of the 2-month incentive campaign periods and earn your choice of a pedometer, cooler tote, gym bag, or laptop bag .	Track 1,620 points in any one of the 4-month incentive campaign periods and earn your choice of a Garmin 305 Forerunner GPS or iPod Touch .

How do I know if the activity I completed was easy, moderate or vigorous?

- Easy zone is 50-60% of your maximum heart rate. This is the easiest zone and ideal if you're just starting a fitness program. In this zone you should be able to hold a conversation without gasping for breath.
- Moderate zone is 60-70% of your maximum heart rate. This zone provides many of the same benefits as the easy zone but is more intense and burns more calories. In this zone you should be able to say a full sentence without gasping for breath.
- Vigorous zone is 70-85% of your maximum heart rate. This zone is the most intense and is primarily for individuals training to increase their aerobic lung capacity (V02) and for athletes working to increase their high-end endurance in sport. In this zone you should be able to speak no more than 1-2 words without gasping for breath.

To estimate your max heart rate, use this formula:

Age _____ / 2 = A _____

Weight _____ X .01 = B _____

210-A _____ - B _____ (+4 if male) = Estimated Max HR _____

Can I keep tracking my activities in the Get the Point Tracking System once I have completed the campaign?

Yes. The GTP tracking system is available to use year-round. However, prizes are only awarded during the incentive campaign.

What if I still have questions?

Contact WIN for Alaska with any questions, comments, or concerns.

We can be reached at getthepoint@winforalaska.com, in Anchorage at 248-0797, and toll-free at 1-866-248-0797.

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