

# Get the Point Incentive Campaign Q + A



UNIVERSITY  
of ALASKA  
*Many Traditions One Alaska*

**New + Faster for 2010!**

## **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 receive 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 2010!** 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 2010. Record your activities at least once a month in any one of the **four consecutive month** incentive campaign periods. (Incentive campaign periods: February - May, March - June, April - July.) Once you start, you have **four consecutive months** to complete the GTP Incentive Campaign.

## **How do I participate?**

- Step 1:** Register as a New User in GTP, or login using your 2009 GTP username and password. 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 track your activities.
- Step 4:** Click the "My Tracking" tab under "Enter Points" to track your aerobic exercise and nutrition activities 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 activities 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).
- (NEW!) Journaling your healthful activities on the "Journaling" tab.

**NOTE: You must have at least 1+ point in each of the two and/or four consecutive months to be eligible.**

## **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](mailto:getthepoint@winforalaska.com).

## **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.

# Get the Point Q + A Continued

## 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 an <b>Everlast Pilates Aerobic Bands.</b>	Track 360 points in any one of the 4-month incentive campaign periods and earn a <b>\$50 cash card.</b>
Tier II Consistent Healthy Lifestyle	Track 360 points in any one of the 2-month incentive campaign periods and earn a <b>Pulse Fitness Watch.</b>	Track 720 points in any one of the 4-month incentive campaign periods and earn a <b>\$75 cash card.</b>
Tier III Integrated Healthy Lifestyle	Track 720 points in any one of the 2-month incentive campaign periods and earn a <b>Yoga Mat with Case.</b>	Track 1,440 points in any one of the 4-month incentive campaign periods and earn a <b>\$100 cash card.</b>
Elite Tier Going the Extra Mile Lifestyle	Track 810 points in any one of the 2-month incentive campaign periods and earn a <b>"Hot/Cold" Thermax Stainless Steel Hydration Bottle.</b>	Track 1,620 points in any one of the 4-month incentive campaign periods and earn an <b>iPod Touch or \$200 cash card.</b>

**\*NOTE: You must have at least 1+ point in each of the two and/or four consecutive months to be eligible.**

## 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:

$$\text{Age} \quad \_\_\_\_\_\_ / 2 = A \quad \_\_\_\_\_\_ \quad \text{Weight} \quad \_\_\_\_\_\_ \times .01 = B \quad \_\_\_\_\_\_ \\ 210 - A \quad \_\_\_\_\_\_ - B \quad \_\_\_\_\_\_ (+4 \text{ if male}) = \text{Estimated Max HR} \quad \_\_\_\_\_\_$$

## How do I claim my prize?

You will automatically receive an email with prize details from WIN for Alaska, Inc. after you have tracked enough points in GTP. Prize emails are sent the month after your **two and/or four consecutive month** eligibility. Prizes will be sent to your attention at your work address. WIN for Alaska, Inc. is not responsible for prizes sent to incomplete addresses.

**\*NOTE: Prizes are only awarded during the incentive campaign. You must have at least 1+ point in each of the two and/or four consecutive months to be eligible.**

## How long do I have to claim my prize?

You will have two weeks from the day you receive your prize email from WIN for Alaska, Inc. to claim your prize. Please allow four to six weeks for delivery to your **work** address.

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

Yes, you can keep tracking your activities once you have completed the campaign. The GTP Tracking System is available to use Feb-Dec. However, prizes are only awarded during the incentive campaign. Participant activity data will be purged in January 2011 so print any 2010 data you would like to keep. Your username and password will not be affected. The new Get the Point Incentive Campaign begins on February 1, 2010.

## What if I still have questions?

Contact WIN for Alaska, Inc. with any questions or comments. We can be reached at [getthepoint@winforalaska.com](mailto:getthepoint@winforalaska.com), in Anchorage at 248-0797, and toll-free at 1-866-248-0797.

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