

How to

Get the Point

Navigating the Tracking System



Find the tracking system at <http://gtp.winforalaska.com>

Register today!

Step 1: Register as a New User. You will be prompted to enter a **GTP Key**, this is your **Insurance ID Number**. (You'll find your Insurance ID Number on your Insurance Card.)

Step 2: Click the "Biometrics" tab to enter your biometric data.

day	Monday	Tuesday	Wednesday
	5	6	7
	12	13	14
	19	20	21
	26	27	28

Step 3: Click the "Enter Points" tab to begin logging your activities.

Step 4: Click the "My Tracking" tab under "Enter Points" to record 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 record other activities.

Your spouse/partner can use the Get the Point Tracking System too! Once you have registered, simply click on "My Account", look for the "Invite Your Spouse/Partner" section, enter their name and email address, then click "Invite". An email will be sent with the program information, and the option to "Accept".