Get the Point

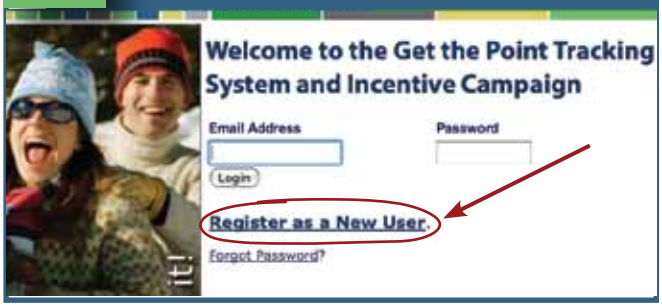
How to Navigate the Tracking System

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

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.)*

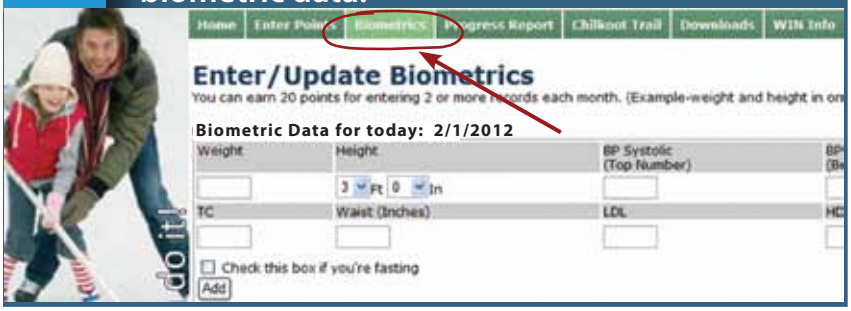
step 1

Register as a New User, or login using your 2011 GTP username and password.



step 2

Click the "Biometrics" tab to enter your biometric data.



step 3

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

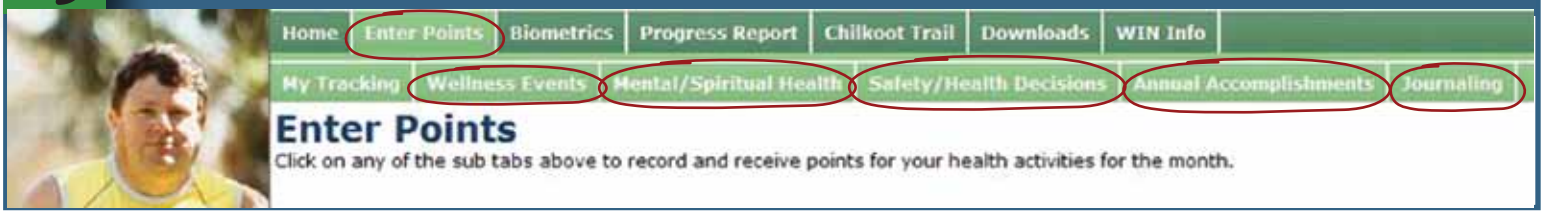
step 4

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 a guide 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 the "Invite Your Spouse/Partner" link on the GTP homepage, enter their name and email address, and then click "Invite". An email will be sent to them with the GTP information, and the option to "Accept". *GTP is available to active AlaskaCare Employee Health Plan members only.*

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HealthTracks

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