Frequently Asked Questions– The Earn Your Stripes Wellness Challenge

What is the wellness challenge?

The Earn Your Stripes Wellness Challenge is a four week challenge that uses a unique wellness platform called higi. This platform is a simple, fun way to help you get healthy. higi allows you to monitor various biometrics (individual health data) and track your daily physical activity using a variety of tools including the higi health kiosks as well as free mobile apps. The challenge provides opportunities for weekly prizes as well as grand prizes at the end of the challenge period.

When is the wellness challenge?

The challenge runs from July 20, 2015 - August 16, 2015.

What is a higi health kiosk?

The higi health kiosks help you monitor your health through various biometric tests. The kiosks are connected to the internet and allow you to set up a personal account with your RIT email address and track your numbers.

What does a higi health kiosk monitor?

The higi health kiosk not only checks your blood pressure, it also tracks your resting heart rate, body weight and BMI (Body Mass Index - A high BMI can be an indicator of high body fat that may lead to health problems). After the tests are completed, the higi kiosk will provide you with a summary of your biometric data compared to national health guidelines.

Where are higi health kiosks located?

Currently there are three kiosks located on campus. One is in the SAU; another is located in the lobby of Grace Watson; and there is also one in the Global Village Wellness Center.

How will participating in this program benefit me?

Research shows that tracking your activity and certain metrics like those tracked through the higi wellness platform can lead to noticeable improvements in your health and wellbeing. Depending on your activity level and nutrition, you could experience positive health outcomes such as: lower body weight, lower blood pressure, more stable blood sugar levels, and an overall better sense of wellbeing. If you need some ideas on activities, nutrition, other wellness tips, go to the Better Me website or contact us at 475-2067 or BetterMe@rit.edu!
Frequently Asked Questions - Continued

*How do I earn points for the challenge?*

Every time you check in at a higi health kiosk and complete all the tests, you receive 100 points (50 points for blood pressure, 50 points for weight). Additionally, you can earn points by tracking your physical activity with a wearable device or a free smart phone app. The higi platform tracks your points automatically and these points can go towards a variety of prize giveaways. [Click here for a list of devices, apps, and their associated points.]

*How many points do I need to earn to be eligible for prizes?*

Participants need at least 300 points each week to be eligible for the weekly prize giveaways. Additionally, if you earn 2,000 points throughout the challenge you’ll be eligible for our grand prizes.

*What if I enroll after the start of the challenge?*

You may enroll anytime from July 20 – August 16, 2015. You will begin earning points as soon as you create your account, connect your wearable devices or mobile apps, or check in at one of the higi health kiosks. You will then be eligible for the current week’s prize drawing and all prize drawings thereafter as long as you earn the minimum required points.

*What kinds of prizes are available?*

Prize giveaways include gift cards from dining services and Barnes and Nobles, as well as items from Shop One. One of the grand prizes is a Fitbit Charge HR from the RIT Photo Shop. Please visit our website for a complete list of the prizes that will be given out during the challenge.

*When will winners be determined and announced?*

higi will randomly select the winners at the end of each weekly challenge. Additionally, the winners will be posted on the Better Me Facebook page and website.

*Can I use my points from the Better Me Challenge for the rewards that higi offers on their main website?*

Yes! higi offers their own additional public challenges, where participants can compete for prizes against all higi registrants, not just RIT. You can also use your points to get cool prizes from higi’s reward store. The points that you earn during the challenge will still be available to use in the higi Rewards Store at any time.
Is this challenge different than the annual RIT–Sponsored biometric screening?

Yes, the Earn Your Stripes Wellness Challenge is different. This challenge is a fun pilot program to introduce how higi’s unique wellness platform, which provides biometric information regarding weight, resting heart rate, blood pressure and BMI, can help RIT faculty and staff reach optimal health and wellness. Our annual biometric screenings are held in November. The biometric screening in the fall utilizes a fasted blood draw to obtain more detailed medical information for you to share with your physician.

Is my information secure?

Yes your private information is secure. For any specific questions about the privacy of your information, please refer to higi.com.

Will RIT have access to my private data?

RIT will only have access to aggregate data reports. Your private information is yours alone. You may choose to share your private information with an RIT Health and Fitness Specialist to help create a personalized wellness program for you.