Better Me is excited to announce an innovative new wellness platform we are piloting called higi to help RIT faculty and staff reach optimal health and wellness. The Earn Your Stripes Better Me Wellness Challenge Series is a simple new way to get healthy, earn points and get rewarded. The challenges use higi, a unique platform that allows you to monitor your health with our on campus higi kiosks and to track your daily physical activity through wearable fitness devices and FREE smartphone fitness applications. By collecting at least 300 points each week, you’ll be eligible for exciting weekly prize giveaways.

**Prize giveaways each week! Grand prize is a FitBit Charge HR!**

Here’s how to participate:

1. Go to [higi.com/g/ritbetterme](http://higi.com/g/ritbetterme) and click "Get Started Now".
2. Create a new higi account with your RIT email or log in to your existing account.
3. Once you're registered for the program you will be automatically placed into the upcoming weekly and grand prize challenges. Go to the "Challenges" tab on your higi dashboard to track your progress.
4. Get movin', check in at your higi kiosk, and have fun!

* To sync your activity tracking devices and apps go to [higi.com/settings > Apps&Devices > Connect](http://higi.com/settings > Apps&Devices > Connect)!

* If you’d like a personal orientation, email jcdpsn@rit.edu.

If you run into any trouble along the way, email ndavis@higi.com, jcdpsn@rit.edu, or BetterMe@rit.edu for assistance.

**Check out**: [https://www.rit.edu/fa/betterme/live-well/earn-your-stripes-wellness-challenge](https://www.rit.edu/fa/betterme/live-well/earn-your-stripes-wellness-challenge)