

Get the Point Incentive Campaign Survey Comments
UA Annual Report
April 2012-June 2012
Feedback from Get the Point Participants

At the end of each Get the Point Incentive Campaign, participants are asked to complete a brief survey. This survey consists of three questions regarding the participants experience as well as their comments.

Below is a sampling of the responses and comments we received this report period. (There were 42 pages of responses, to shorten the report we put a sampling here. If you would like to see the responses in their entirety please let us know.)

Identifying names have been removed. Comments from participants are written EXACTLY as they were submitted.

578 Participants completed the survey during this report period (April 2012 – June 2012)

Question 1: Have you changed your lifestyle as a result of participating in GTP?

Comments:

1. I am much more conscious about my choices. I pay more attention to what I eat and how much water I drink. It has also helped me realize that being active is more than just going to the gym.
2. I have finally been able to modify the way I eat, both portions size and what types of food. I'm still working on trying to make regular exercise a part of my daily life. I lost almost 50 lbs!! Thanks!
3. I haven't made a large change in my lifestyle, but I do pay more attention to what I eat now. I thought I was eating more fruits and vegetables and drinking more water than I actually was.
4. I had already started a life style change about a year ago. I want to keep that up. This is helping me to do it. What I might suggest is developing some kind of app for an Android phone (and also iPhone). This is what helped me keep track & change
5. I pay attention to food labels and better understand what they do & don't tell me. I work out in variety of ways, having been exposed to Tai Chi & yoga
6. The accountability of GTP allowed me to prioritize exercise when work stress was high.
7. Yes, I am following a great food plan, am losing weight (60 pounds!!!), and exercising.
8. I am eating healthier even when not doing GTP, and I am more conscientious about how much I exercise as a result of this program. All together I believe this program has made me a healthier person.
9. Somewhat. I'm not going to say I made drastic changes, but by logging in what you eat during the week it makes you aware of what you DO eat.
10. I am eating better and watching my blood pressure and blood sugar numbers.
11. Now my husband and I are exercising together and making healthy meals together. I was 208 lbs last Fall and this morning I weighed 191 lbs. Best of all, there is much less stress in my life.

12. Am now off of several expensive maintenance medications after learning how better lifestyle choices can take the place of them.
13. Especially changed eating habits. The doctor is pleased with my weight loss, and my normal blood glucose numbers.
14. more conscious of eating healthy, walking more and doing simple things such as getting up and going to a co-worker's office instead of picking up the phone. I also wear my pedometer which encourages me to continue to get more steps!
15. I haven't made a large change in my lifestyle, but I do pay more attention to what I eat now. I thought I was eating more fruits and vegetables and drinking more water than I actually was. However, some of the information I received has been if not helpful, educational.
16. By participating in this program for 2 years, I have returned to frequent exercise. Also I lost 10 pounds. Now I am totally psyched to lose the other 35 pounds and get back to my previous level. Thank you for this program.

Question 2: Did GTP Help you start a healthy habit?

Comments:

1. Honestly, I participate primarily for the incentive rewards. I appreciate the program, but without the incentives, I would not be motivated to participate. I like the tracking mechanism, the monthly newsletters, the incentive prizes, and the opportunities for new suggestions to incorporate into an overall healthy lifestyle.
2. Accountability. It is so helpful for me to have someone to be accountable to other than myself; even just the online tracking provides a level of accountability. It helps me to be accountable to my own goals.
3. Healthy lifestyle, I want to be able to play and carry my sweet little grandchildren around without difficulties.
4. I found out I was pregnant and wanted to be more conscious of my diet and exercise during pregnancy.
5. Success with this program in the past. I lost a good amount of weight and have been able to keep it off for a while now. THANK YOU!
6. I like the coaching and the motivation the IHP consultants provide. I also like using the gift cards for purchasing health-related items (bike shoes, bike jacket and shirt, hiking poles, garmin heart rate monitor and gps)
7. I needed to get into shape once again and i trusted the company that put on the IHP meetings.
8. I want to take advantage of all the wellness opportunities UAF provides. When used in collaboration, I experience a daily incentive to succeed.
9. It's good accountability for budding new habits- something to keep me motivated to stick with them until they are solidly ingrained in my lifestyle.
10. To try to get back to where I should always be...consciously watching what is going into my mouth. Also, the reminders that food isn't the only criteria for a healthy life. Good habits such as water consumption, wearing bike helmets and seatbelt

11. Though I have gained from the program in terms of wellness, eating, and exercise awareness, it is the prize incentives that make me actually follow through and enter points.
12. To get more range of motion back in my right shoulder. Later I added goals of full range of motion in all joints, increase stamina, lose weight and get off the heart med I was on temporarily.
13. To become more healthy. I had a kidney stone and infection episode that helped me realize I needed to change; and I looked to GTP to help me get on track and stay there.
14. It's a great way to learn more healthy habits and clean up my eating, choose better exercises for my age and limitations *~* I just don't have the time to read everything out there, and books/magazines don't answer questions i may have a
15. Proactive health choices go farther towards overall health than treating symptoms of poor health through the use of doctor visits and prescription drugs.
16. Even though the money isn't my motivation now, it was what motivated me to begin with. Now I just like doing walks and other activities mid-way during the day and I think it actually improves my productivity. It was also useful to be able to re
17. To get healthy and to loose weight also improve my blood chemistry and biometrics. I have lost 35 pounds since last year.Dropped cholesterol by 51 points and now in normal range.
18. It is a great program for monitoring BMI, cholesterol throughout the year. Encourages me to make a plan and have some goals. Having to report to Renna over the past couple of years was good for helping me stick to the program.
19. It gives a regular check-in on status of developing healthy lifestyles, plus is a source of information on lifestyle choices, exercise techniques and how to stay on track. In other words, it provides a regular, almost day-to-day frame of reference fo

Question 3: What is the main reason you chose to participate in GTP

1. I love the fact that it sparks my competitive nature and inspires me to work harder at improving my fitness and health.
2. Honestly? The Gift Cards. But I have learned a few things along the way!
3. Accountability. It is so helpful for me to have someone to be accountable to other than myself; even just the online tracking provides a level of accountability. It helps me to be accountable to my own goals.
4. I all ready eat very healthy but it is a good reminder to drink lots of water and eat more vegetables and grains but I think I should get points for eating lean game meat also Thanks XXX
5. It gives me something to look forward to. I want to win the prizes so I'm really motivated to watch my weight. It inspires me and I love it!
6. coworkers talking about it...
7. holds me accountable for my own progress. :) definitely a huge motivator.
8. Motivation! This program was the motivation I needed to get off the couch and become active. My doctor has commented on my good health for my age and says to keep up the good work. Thank you for this program.
9. Accountability to myself and IHP consultant.

10. Because it helps me keep track of my fitness goals and also offers incentives, which I use to buy myself items that keep me motivated to do exercise and stay healthy (gear, clothing, etc.)!
11. My wife and I did it together.
12. Proactive health choices go farther towards overall health than treating symptoms of poor health through the use of doctor visits and prescription drugs.
13. To see how my overall health was doing from the inside cause I had no idea
14. I participate in GTP because it helps me track my diet and exercise, keeps me honest and helps to support my intention of staying healthy and fit for the rest of my life
15. Even though the money isn't my motivation now, it was what motivated me to begin with. Now I just like doing walks and other activities mid-way during the day and I think it actually improves my productivity. It was also useful to be able to re
16. Though I have gained from the program in terms of wellness, eating, and exercise awareness, it is the prize incentives that make me actually follow through and enter points.
17. Though I already live a healthy lifestyle, this program allows me to recover a token of my outrageous health insurance costs, driven up by up by the greedy, lazy, and weak-willed.
18. I like the financial incentive to help pay my gym membership and I wouldn't take Studio One Pilates classes without it. Thank you!
19. As I get older, I want to continue to maintain a healthy weight and exercise/activities to ensure a goal of not falling during AK winters! Also trying to lose weight when over 60 yrs of age is becoming more difficult--so GTP REALLY HELPS with this!!
20. I chose to participate in GTP because I am the type of person who needs reminders in order to maintain a healthy lifestyle. GTP
21. TO keep track of my eating habits and fitness goals. It provided a journal like entry process fo me to evaluate how active I have been and pay attention to what I am doing and eating.
22. I don't like to track what I eat. Food tends to be my bigger hang up. Since starting the IHP sessions and GTP, I have worked physical fitness into my everyday life. I still struggle with making better food choices but I have made drastic impro
23. I like getting the external positive feedback and rewards for doing something good for my health. I like getting the "goldstar"
24. It is fun to see if I can go for 25 days without drinking caffeine ,or exercise, etc.the GTP really helps to keep me on track
25. To try and exercise on a more regular basis. It was helpful for me to see the amount of time i spent exercising in a week/month. Made me realize that i was not as consistent as i would like to believe i am... it was a reality check to see it on a cal
26. I like the tracking mechanism, the monthly newsletters, the incentive prizes, and the opportunities for new suggestions to incorporate into an overall healthy lifestyle.