

# The Biggest Winner Rules



## Who can participate?

The Biggest Winner Contest is intended to encourage residents who are 18 years of age and older living in the West Hill, Arbor Hill, South End of Albany—or in housing managed by the Albany County Housing Authority—to join their neighbors in creating heart healthy communities. The contest runs between April 1<sup>st</sup> and December 15<sup>th</sup>, 2009.

*Note: All persons involved in planning or running this contest are NOT eligible for the monthly or grand prize drawings.*

## How do I enroll in the contest?

Complete the registration materials included in the orientation packet at a local Portal Partner Site or you can fill them out at home and drop them off at your local Portal Partner Site or mail them to Eve Kintner, 384 Richardson Hall, 135 Western Ave, Albany, NY 12222. To get an orientation packet, call the Biggest Winner Hotline at 518-442-5779. There will also be plenty of opportunities for you to sign-up and

enroll at Healthy Hearts on the Hill Community Events.

## What do I have to do to be eligible for the monthly and grand prize?

For each healthy activity that you do that is approved by the Healthy Hearts on the Hill Coalition, you earn points. Just remember to record these activities and the date they occurred on your monthly scorecard!

*Monthly Prize:* Every point you earn wins you one raffle number toward the monthly prize ticket. For example, if you earn 60 points, then you are awarded 60 raffle numbers toward the monthly prize. To be eligible for the monthly prize drawings that occur on the 15<sup>th</sup> of each month, you must turn in or mail your cards by the 28<sup>th</sup> of the previous month. You can turn in your scorecard either by turning it in at one of our identified community partner sites by the 28<sup>th</sup> of the month or mailing it to Eve Kintner, 384 Richardson Hall, 135 Western Ave., Albany, NY 12222 by the 28<sup>th</sup> of the month.

*Grand Prize:* If you earn 30 or more Healthy Heart Points per month in at least 4 months throughout the contest, you will be eligible for a grand prize. Every point you earned during the project becomes a raffle number. The grand prize drawing will be on December 31, 2009 and You must be present to win. You'll receive an invitation to attend the event.

To claim your prize, you will need to provide proof that you lived in the West Hill, Arbor Hill or South End areas of Albany, NY—or in housing managed by the Albany County Housing Authority—during the time of the contest. All prizes awarded upon final approval of the Healthy Hearts on the Hill Coalition.

**Biggest Winner Hotline: 518-442-5779**

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## How do I earn points?

You earn points by participating in one or all of the 3 “Pillars” of the Biggest Winner Project: health management, physical activity, and healthy eating. **You must write down all your activities on the monthly scorecard. Be sure to include the date!**

### Health Management Points:

- **Complete a physical assessment (check-up) with your Family Doctor.** (Remember to have your doctor sign the Physician Verification Form provided by Dr. Paeglow that you will find in Health Management packet. It also contains a letter from Dr. Paeglow explaining the program to your physician!) You can earn bonus points by following your doctor’s orders. Just have your doctor sign a second Physician Verification Form that we will provide you. Call the Hotline at 518-442-5779 for a copy.

**Points for the physical: 25 points**

**Points for following doctor’s orders:  
Up to 25 awarded by your doctor**

- **Participate in a Health Promotion Program sponsored by Healthy Hearts on the Hill.** Throughout the duration of the contest, participants will be encouraged to attend health education classes and workshops available in the area. Classes will include but not be limited to such health topics as chronic disease self-management, diabetes management, smoking cessation programs, etc.

### Points for HealthCare Education:

- **2 points** for every sponsored class you attend (for example, the Living Healthy Program and the Butt Stops Here);
- **1 point** per hour for all other educational programs.

➤ **BONUS Points:** you can earn **25 bonus** points by attending and completing many of the healthcare education classes (these will be noted with a \* in the list of programs)

- **Monthly Healthcare Screening.** Participants will receive **2 points** for each monthly healthcare screening (measures blood pressure, weight and blood glucose) they receive.

**Points: 2 points** for a full monthly screen. (We’ll give you a form verifying you had it done. Turn it in with your scorecard.)

- **Health Insurance.** Contestants who do not have health insurance will be awarded bonus points for signing up. Just call the Biggest Winner Hotline at 518-442-5779 to talk with someone about earning bonus points.

**Health Management Bonus Points:** Bonus points will be determined by the Healthy Hearts on the Hill Coalition on a case-by-case basis. ***Let us know if you do health management activities such as seeking help for depression and/or substance abuse, getting screened for cancer or other diseases, or receiving immunizations! You may receive extra points!*** All you have to do is call the Biggest Winner Hotline at 518-442-5779 and someone will take down your information and get back to you about any bonus points earned.

### Physical Activity Points:

Earning points for the physical activity pillar is easy! Ways you can earn points include: adding any physical activity to your day, attending an activity event, or participating in an exercise based health promotion program.

**Points: 1 point** for each time you engage in and record any unverified activity on your scorecard.

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**Points: 2 points** for each time you engage in an activity that can be verified, such as walking with a friend who can vouch for you, exercising at one of our community partner sites (Remember to sign the attendance sheet!), or participating in one of our exercise based health promotion programs such as Active Choices, Active Living Everyday, and/or Active Generations.

**Physical Activity Bonus Points:** There will be additional points awarded based on changes in life style, improvements in physical fitness, taking a leadership role in organizing community activities, and completing the Active Living Everyday, Active Choices, and/or Active Generations programs that will be offered. Bonus points will be determined by the Healthy Hearts on the Hill Coalition on a case-by-case basis. All you have to do is call the Biggest Winner Hotline at 518-442-5779 and someone will take down your information and get back to you about any bonus points earned.

## Healthy Eating Points:

**One point** can be earned for the following activities unless otherwise noted:

- **1 point** for attending “Just Say Yes to Fruits and Vegetables” demonstrations
- Trying out a Healthy Hearts on the Hill recipe, **1 point per month**
- Talk with the Healthy Hearts on the Hill nutritionist with a question, **2 points** for each call, visit, or attendance at a group presentation.
- **1 point** for attending Hannaford, Price Chopper, or Honest Weight Co-op seminars, demonstrations, or educational events
- **1 point** for taste-testing at a local grocer at a Healthy Hearts on the Hill Coalition healthy taste-test event
- **1 point** for Healthy Hearts on the Hill Community Dinners and Sampling Events
- **1 point** Community cook-offs and potlucks offering heart healthy food

- **2 points** for attending presentations on funded nutritional support programs (like food stamps and WIC)
- Community Garden Participation, **1 point** for each time you work on your garden plot.
- **1 point** for visiting the “Veggie Mobile” or Farmer’s Market and trying new fresh fruits and vegetables
- You can also hand in copies of your grocery receipts with your monthly Score Card and earn **two points per month, up to a maximum of 12 points**, for each of the following food groups: fruits, vegetables, lean protein or beans, low-fat dairy, whole grain food, healthy fats (vegetable oil or nuts).

**Healthy Eating Bonus Points:** You can earn bonus point for participation for participating in nutrition-related activities not listed here or on our calendar. Bonus points will be determined by the Healthy Hearts on the Hill Coalition on a case-by-case basis. Call the Biggest Winner Hotline at 518-442-5779 and ask for Kate. Tell her about your ideas for healthy eating related activities and find out if they count toward bonus points!

## How do I get my participation verified?

For **physical activities**, verification can be done by:

- Providing the name and telephone number of someone you exercise with and who is willing to vouch for you; OR
- Exercising at one of our community partner sites where you need to sign an attendance sheet to get credit. Just write down where you exercised on your scorecard and what date you were there.

For some **nutritional events**, there may be someone from the Healthy Hearts on the Hill Coalition with an attendance sheet for you to sign. Just sign the sheet!

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For a **health care** physical, get your doctor to sign the Physician Verification Form that is provided in your orientation packet. For monthly health care screenings, we'll provide a form at the time of the screening that you can turn in with your scorecard. For health promotion classes, your attendance will be taken by the person(s) conducting the session. Just write down that you attended on your scorecard and we'll take care of verifying it.

## Disclaimer

The Healthy Heart on the Hill Coalition reserves the right to make final decisions regarding the:

- Awarding of all points, including bonus points to persons making a significant contribution to their personal and/or community's health;
- Disputes regarding program eligibility;
- Disenrollment of any participant in the project who fails to follow contest rules or falsifies contest records or score cards; and
- Other questions and disputes that may arise during the conduct of the contest and/or prize drawings.

## Confidentiality

Please note that your participation in the Biggest Winner contest is voluntary and that all the information you provide will be kept strictly confidential. All your information will be stored in a safe and secure area at the Center for Excellence in Aging Services, School of Social Welfare, the University at Albany. No identifying personal information will be shared, even when reporting to the state and federal agencies sponsoring this project. These

procedures ensure that your information will remain strictly confidential.

For further information or to speak with someone regarding how records are kept, please feel free to contact Eve Kintner, MSW, by telephone at 518-442-3791 or by mail at the School of Social Welfare, Center for Excellence in Aging Services, 384 Richardson Hall, 135 Western Ave., Albany, NY 12222.

## Liability

By signing the enrollment form to participate in the Biggest Winner contest, you release and discharge the Healthy Hearts on the Hill Coalition and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of your participation in programs sponsored by the Healthy Hearts on the Hill Coalition, including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form. By signing, you attest and verify that you have full knowledge of the risks involved in physical fitness activities and that you feel comfortable beginning the Biggest Winner Contest at this time. By signing the enrollment form provided, you agree not to hold any of the organization(s) participating in this program liable for any injury/illness or other health related issue incurred as a result of your participation in the Biggest Winner Contest.

**ALL DECISIONS OF THE  
HEALTHY HEARTS  
COALITION ARE FINAL!!!**

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