

hittaut 2022

UU:S Wellness challenge - A part of uppsala's largest wellness project

Hittaut is Uppsala's largest wellness project (5369 registered users in 2021) where you and your colleagues get exercise as you find new places around Uppsala and strengthening the team spirit at your workplace. We are placing over 160 checkpoints at beautiful and interesting sites around Uppsala and May 2 the map is delivered by mail, but can also be found in map racks at different locations around Uppsala (see the [website](#) for details). Your task is to use the map or your GPS device to find these checkpoints. The map is also available as a mobile app. You register the checkpoints by entering a letter code at the website or in the app.

On the [webpage](#) or in the app ([iOS](#) or [Android](#)) you register a letter which you'll find on each checkpoint. The more checkpoints you'll find, the more exercise you'll get and the bigger the chance to win prizes (each registration count as an entry to the monthly lottery of prizes).

Register your department/division to UU:s Wellness challenge

During 2022, UU will participate in hittaut, where all departments/divisions are invited to participate as teams. Your team will be compared to other teams within UU and from other companies/organisations when it comes to;

1. The total number of registered checkpoints in the team
2. The mean number of registrations for the top five of the team

No matter ambition level, all registered checkpoints counts, and you will contribute to the total number of registered checkpoints in the team. The top five of the team will increase the mean of the team. If two teams have the same mean, the sixth best is accounted for, than the seventh etc.

Everyone that registers checkpoints will also participate in the monthly lottery. Register your team today to enable easy and fun exercise for everyone and improve the team spirit at your workplace!



how it works

1. If you haven't a personal account already you register one [here](#).
2. In the [Mina uppgifter-page](#), under "Friskvårdsutmaningen, choose "Uppsala universitet – anställda" or "Uppsala universitet – studenter"
3. You may also join a team (e.g., a department, division, educational programme or student association). You'll find contact information to all team leaders of existing teams [here](#). Contact the team leader of the team you would like to join!
4. If you want to create a new team, contact uppsala@hittaut.nu
5. When the participants have registered an account, they are ready to go explore Uppsala and to register checkpoints! Checkpoint collected previously will also count.
6. All registered participants get immediate access to statistics of their own and the team's progress and can compare the results with other teams and organisations in Uppsala.

Maps will be distributed to the campuses Blåsenhus, Ekonomikum, Engelska parken, Gamla torget, Gotland and Nya Ångström. Let us know if you need more maps!

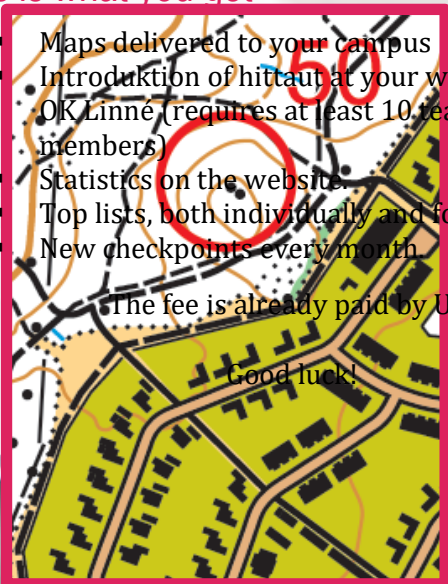
Prizes in the monthly lottery

No matter if you participate in UU:s wellness challenge or not, you always have the chance to win prizes in the monthly lottery. Since every registration count as an entry to the lottery you increase your chances of winning the more you participate!

This is what you get

- Maps delivered to your campus
- Introduktion of hittaut at your workplace by OK Linné (requires at least 10 team members)
- Statistics on the website
- Top lists, both individually and for the team.
- New checkpoints every month
- The fee is already paid by UU.

Good luck!



www.orientering.se/hittaut/uppsala