



## Healthy IU Hydration Challenge

### Frequently Asked Questions

#### **I am not receiving the Hydration Challenge emails.**

**Hydration Challenge emails are sent via Qualtrics.** Double check your spam/junk folders. Qualtrics admins sometimes come across the situation of Qualtrics users not receiving emails. Their advice is to reach out to UITS support (or your TechSelect rep, if you are a TechSelect client), who will work with you to make sure there is nothing in your email settings filtering out Qualtrics items. **Participants who do not receive the challenge emails have a couple options:**

- **Short-term fix:** Let Healthy IU know at [challeng@iu.edu](mailto:challeng@iu.edu). We will work with you to send you the challenge content in another way.

And/or

- **Long-term solution:** Contact UITS or TechSelect to help adjust your email settings.
  - UITS support: <https://uits.iu.edu/tech-help>
  - TechSelect (if you are a TechSelect client): <https://techselect.iu.edu/>

#### **How do I receive the challenge incentive?**

The incentive for this challenge is a Healthy IU Water Bottle. **Water Bottles are available on a first-come, first-served basis, while supplies last.** To receive a Water Bottle, participants must:

- Be a full-time IU employee or the spouse of full-time IU employee
- Participate for all 7 days of the challenge
- Complete the challenge Evaluation Survey

**Water Bottles will be sent via Campus Mail when employees are back on campus.**

#### **Why is Healthy IU focusing on staying hydrated?**

More than half of your body is WATER! With that in mind, it's easy to understand why being properly hydrated helps our bodies and minds feel good.

Staying hydrated is important for almost every bodily function. If you want your body and mind to function their best, proper hydration will help make that happen!

Benefits include:

- Regulating your body temperature and promoting a healthy immune system.
- Transporting nutrients within cells and removing waste from the body.
- Healthy digestion and prevention of constipation.
- Preventing dry skin and wrinkles.
- Optimizing energy levels and exercise performance.
- Proper brain function and mood.
- Promoting healthy organ function, including your kidneys, liver, and heart.
- Metabolism and weight regulation.