



EPICS – Butler University

David Purdum, Ryan Graham, Catherine Bain, Nick Ruddell, Davis Botta, Kenny Burton, Travis Miller

EPICS@BUTLER

Healthy Horizons, College of Pharmacy and Health Sciences, Butler University

Team Introduction

- David Purdum – *Team Leader*
- Davis Botta – *Front End Team*
- Kenny Burton – *Front End Team*
- Travis Miller – *Front End Team*
- Ryan Graham – *Back End Team*
- Catherine Bain – *Back End Team*
- Nick Ruddell – *Webmaster, Client Liaison*



Client Background and Information



The Healthy Horizons program starts in 2004 with the purpose of promoting healthy living by providing a comprehensive and confidential wellness package to Butler University faculty and staff. The program assists employees with improving their health, provides ongoing information and health education programs, and helps identify health risks and ways to reduce those risks.

In the past, Healthy Horizons has used a paper form to track participant's points.

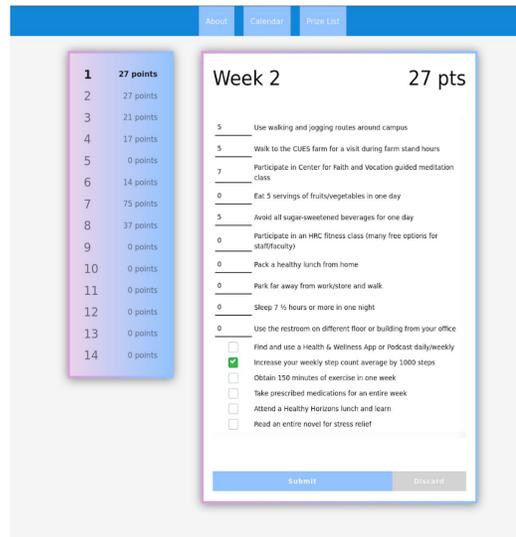


Keep track of points and earn rewards! Healthy Horizons is for all Butler University employees. You may start accumulating points August 22nd. Cards are due back to Healthy Horizons by Friday, Dec 20th at 3:30 pm. Participants will receive one prize from highest level earned and from each lesser category. All platinum winners entered in the grand prize drawing for a FitBit! New goals bolded.

- Earn 1 POINT for each**
 - Use routes: <https://www.butler.edu/fitness/logging-and-walking-routes>
 - Walk to the CUES farm for a visit during farm stand hours
 - Participate in Center for Faith and Vocation guided meditation class
 - Eat 5 servings of fruits/vegetables in one day
 - Avoid all sugar-sweetened beverages for one day
 - Participate in an HRC fitness class (many free options for staff/faculty)
 - Pack a healthy lunch from home
 - Park far away from work/store and walk
 - Sleep 7 1/2 hours or more in one night
 - Use the restroom on different floor or building from your office
- Earn 5 POINTS for each**
 - Find and use a Health & Wellness App or Podcast daily/weekly
 - Increase your weekly step count average by 1000 steps
 - Obtain 150 minutes of exercise in one week
 - Take prescribed medications for an entire week
- Earn 25 POINTS for each**
 - Attend a Healthy Horizons lunch and learn
 - Read an entire novel for stress relief
 - Register for Healthier BU Blog <http://blogs.butler.edu/healthyhorizons/>
- Earn 50 POINTS for each**
 - Complete annual wellness consult with Healthy Horizons
 - Complete annual physical with your Primary Care Provider

Prizes – please select your prize(s) of choice. Please select only one from each category	Prizes – please select your prize(s) of choice. Please select only one from each category	Prizes – please select your prize(s) of choice. Please select only one from each category
HI Initial and Date:	HI Initial and Date:	HI Initial and Date:
Silver (150 Points) <input type="checkbox"/> Fingerless Gloves <input type="checkbox"/> Pill Dispenser <input type="checkbox"/> Magnetic Clip <input type="checkbox"/> First Aid Kit <input type="checkbox"/> Cloth Grocery Bag <input type="checkbox"/> Water Bottle	Gold (250 Points) <input type="checkbox"/> Camp/Car LED Lantern <input type="checkbox"/> Reusable Utensils & Bag <input type="checkbox"/> Zen Coloring Bk/Pencils <input type="checkbox"/> Dri-Mesh Shirt <input type="checkbox"/> Lined Thermos	Platinum (350 Points) <input type="checkbox"/> Waterproof Picnic Throw <input type="checkbox"/> Blue-Tooth Earbuds <input type="checkbox"/> Rain Jackets

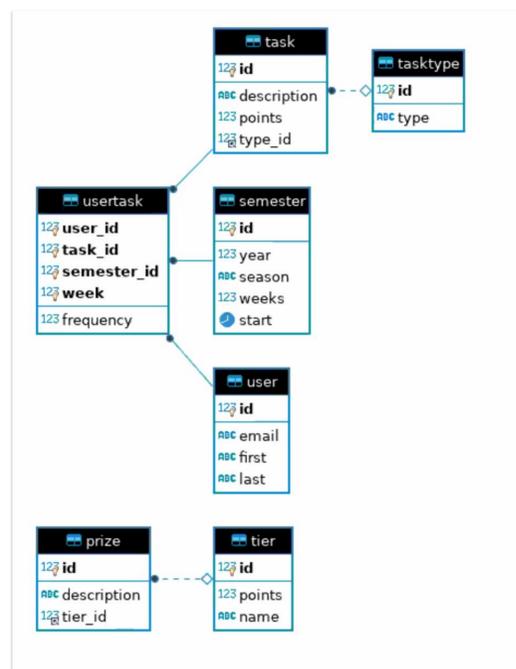
Results



The front-end team developed a wireframe for the online point tracking form. The user can select the week and enter the tasks they completed and see their progress towards rewards. There is a submit and a discard button that allows the user to submit their total points for each week. The discard button allows the user to discard any recent changes that you don't want to submit. The front end team learned HTML, CSS, and EJS. EJS, a template language, was used for the navigation page while CSS and HTML were used for the other elements of the page. In addition, the front end group finalized the prize page where users can see the prizes they are working towards earning in an attempt to incentivize participation.

Database

The back end of the team created a web server that reacts to the HTTP requests from the client. They created an SQL database to store information required for the user interface such as the user, the tasks they have completed, the total number of points they have so far that semester, and the different prizes. The database is now implemented on the Butler server.



Objectives

- Create a weekly user interface to track points easier throughout the semester.
- Incorporate Auth0 to allow Butler employees to login using their Butler credentials.
- Create and Host a working Website

Challenges

- Front End Team:
 - Starting over in the middle of the semester
 - Managing the dynamics of multi-page website
- Back End Team:
 - Hosting Auth0
 - Received the correct Auth0 Tutorial mid-way through semester

Conclusion/Reflection

This team was really excited to continue working on this project from last semester; we were passionate about the mission of Healthy Horizons and ready for the challenges of learning. We were able to create multiple products, each of which played to the team member's strengths while still learning something new. Overall, the semester was a major success and we hope that the Healthy Horizons project continues to evolve with future EPICS groups.

Acknowledgements

- Dr. Panos Linos; Faculty Mentor
- Nate Partenheimer; Sr. Systems Analyst IT Butler University
- Dr. Alison Walton; Healthy Horizons Client Contact
- Anna Gerlach; Healthy Horizons Program Coordinator



Previous Healthy Horizons Teams

- Spring 2019:**
- David Purdum
 - Walker Demel
 - Cal Ormanovich
 - David Emmerling
 - Abby Craig
 - Sam Badovinac



- Fall 2019:**
- David Purdum
 - Catherine Bain
 - Nick Ruddell
 - Alex Kuhn
 - Dalton Morzos
 - Earl Gil IV

