



Michigan Tech promotes wellness and physical activity by offering an incentive program available to benefit eligible employees. Participating in a healthy lifestyle will earn you points and rewards.

How it works

- Track your participation in wellness events and activities on or off campus
 - Lunch & Learns, Physical Activity
 - Nutritional Tracking and wellness screenings
- Earn Points for participation
 - The more you participate, the more you track, the more points you earn
- Complete a tracking form each month either by paper or electronically at www.sparkpeople.com
- Redeem points for incentives which will be offered at predetermined levels
- Incentives will be rewarded throughout the year
- Points reset on January 1

Some Incentives being offered

- Dining Services food court meal passes
- Michigan Tech T-shirts, socks and sweatshirts
- SDC day pass or punch pass
- Additional money to TechFit
- Jawbone Activity tracker
- Tickets to a Michigan Tech Event (hockey, football, basketball)
- Tumbler, cooler or duffel bag
- stretch exercise band

Instructional links explains how to register for SparkPeople. At the very bottom of the page of the link is where you join HuskyPAW program:

<http://www.mtu.edu/hr/current/benefits/wellness/docs/sparkpeople.pdf>

Michigan Tech Wellness website has helpful information and additional resources:

<http://www.mtu.edu/hr/current/benefits/wellness/huskypaw/>

