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Husky Health Forums

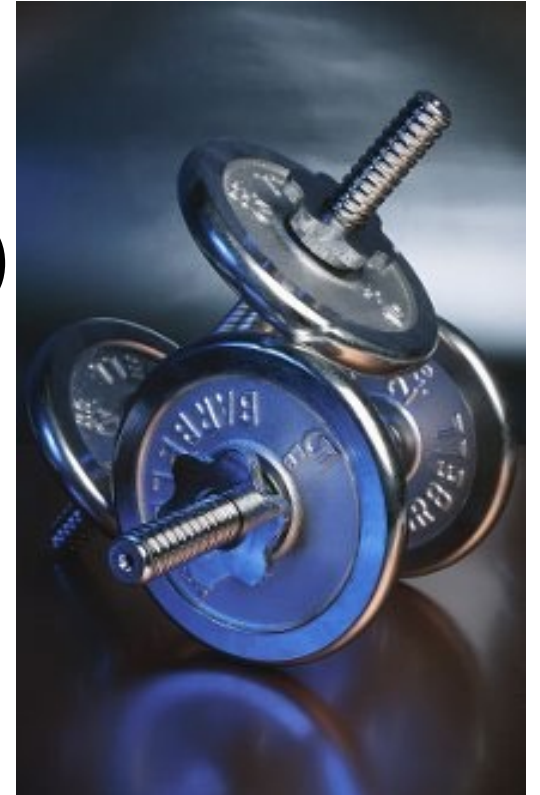
Wednesday, 2/27/19: 1-1:30PM

Thursday, 2/28/19: 10-10:30AM



TechFit

- \$150 for employee (benefits-eligible)
- \$100 for dependents
- Expires December 31, 2019
- Use it or lose it
- Check the [website](#) for details





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HUSKY HEALTH 

Why?

In 2017 the Wellness Committee was charged with reviewing and evaluating Michigan Tech's wellness programs.



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Considerations:

- Our overarching goal, based on faculty and staff feedback, was to provide more choice and flexibility in the programs offered.
- Husky Health also supports the recommendations of the 2016 Compensation Strategy Task Force report; specifically to increase faculty/staff flexibility in selecting benefit options.
- Husky Health streamlines the former wellness programs to make one efficient, sustainable and valuable to Michigan Tech's faculty and staff.



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HUSKY HEALTH 

New in 2019

Free, voluntary, and confidential

Earn up to \$450



What is Husky Health?

Husky Health is a voluntary program designed to motivate and reward benefits-eligible employees for taking an active role in their personal health and well-being and to help offset their health care costs.



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Why participate in Husky Health?

By understanding your current health, as well as knowing your numbers and risk factors, you can take action to help minimize or prevent future health problems. Participation is voluntary.



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Option 1

Earn \$200

Earn \$200 by completing both of these requirements between January 1, 2019 and September 30, 2019:

- Complete the [Blue Cross Health & Wellness health assessment](#)
- Get an annual physical



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Option 2

Earn Up To \$150

Earn up to \$150 (\$25 each) by completing an approved health screening or program between January 1, 2019 and September 30, 2019.



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Option 2 Examples

- | | |
|--|--|
| <ul style="list-style-type: none">• Dental exam• Vision exam• Flu Shot• Tobacco Cessation• Sleep assessment• Donate blood | <ul style="list-style-type: none">• Attend Benefits Fair• TIAA or Fidelity 1-1 consultation• Attend wellness lunch & learn• Other pre-approved screening or program |
|--|--|



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Option 3

Earn Up To \$100

Earn up to \$100 (\$25 each) by participating in an approved physical activity or nutrition/weight management challenge, event, or program between January 1, 2019 and September 30, 2019.



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Option 3 Examples

- | | |
|---|---|
| <ul style="list-style-type: none">• Husky Health challenge• Weight Watchers• Naturally Slim• Fitness classes or membership• Commute by bike or foot 50% | <ul style="list-style-type: none">• Physical activity race or event• SparkPeople 5,000+ points• Golf course membership• Trails pass• Other pre-approved program |
|---|---|



Payout Options

- Paycheck (taxable lump sum)
- Health Savings Account/HSA (tax-free lump sum)
- Flexible Spending Account/FSA (tax-free lump sum)
- Supplemental Retirement Account – healthcare/SRA (tax-deferred lump sum)
- Amount earned toward a membership at the SDC, Portage Lake Golf Course, or Mont Ripley (up to the amount of the membership - taxable)

Payout will be January 2020



How to track Husky Health

Checklist

By signing and dating the form, you're verifying that it is accurate. Please do not send receipts in. We only need the completed paper or electronic form by October 14, 2019.



Reminders

- Activities must be completed between January 1 – September 30, 2019
- Checklist must be received by October 14, 2019, for payout in January 2020
- Activities completed after Sept. 30, 2019, may be eligible for Husky Health year two (payout January 2021)



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Other Wellness Benefits at Michigan Tech

[Naturally Slim](#)

[TechFit \(2019\)](#)

[Tobacco Cessation Coaching](#)

[Employee Assistance Program](#)



Wellness Committee Members

Whitney Boroski, Health & Wellness Manager

Shannon Brodeur, Employee Wellness Coordinator

Jason Carter, Associate Vice President for Research Development

Tammie Fraki, Benefits Coordinator

Heather Guilbault, Manager of Benefits and Wellness

Brett Hamlin, Sr. Lecturer/Associate Department Chair, Engineering Fundamentals

Renee Hiller, Director of Human Resources

Ann Hoover, Fitness & Aquatics Manager

Daryl Matthews, Director of Dining Services



Benchmark Universities

Central Michigan University

Michigan State University

Northern Michigan University

Wayne State University



References

BayState Health: <https://www.baystatehealth.org/employees/baystate-healthy/myhealth-rewards>

BCBSM: <http://www.bcbsm.com/index/members/health-wellness/assessment.html>

Grand Valley State University: <https://www.gvsu.edu/healthwellness/healthy-choices-wellness-program-271.htm>

University of Missouri: https://www.umsystem.edu/totalrewards/wellness_incentive

Washburn University: <http://washburn.edu/campus-life/recreation-wellness/employee-wellness/program-details/tiers.html>



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Questions?