



***Participate in wellness activities, track physical activity & nutrition
Earn points to redeem incentive gifts***

The TechCommunity Wellness Committee encourages our employees to live a healthy lifestyle. By offering the HuskyPAW program we envision happier individuals, a healthier community and more productive employees.

Increase your participation in physical activity and wellness activities on or off campus through programs such as Lunch and Learn, Weight Loss Program, Smoking Cessation, Nutritional Tracking & Health Risk Assessment, Gym Membership, Organized Cardio Programs, etc. Track physical activity and nutrition, set goals, achieve results and members will earn incentive rewards along the way.

Earn points for participation; the more you participate, the more points you earn.

Track nutrition and physical activity on-line at www.sparkpeople.com and/or submit the [Husky Paw Tracking Form](#).

Submit the tracking form to the Benefits office the first week of every month for the month prior. Points are tallied and postcards to recognize a “job well done” are mailed monthly. The Benefits office will count TechFit points and Spark People points for participating members.

As members earn incentive levels, a postcard will be mailed so rewards may be redeemed. Points continue to accumulate toward the next level. Points are not reduced when an incentive is earned. Points reset to zero at the beginning of each year.

For each 500 points earned, participants will be entered into a drawing to be held after each semester for a wellness gift basket.

Review the [incentive levels and rewards chart here](#).

This program is open to benefit eligible employees.