

# MichiganTech



## TechFit Program



Discount on eligible wellness programs:

\$150.00 for Employees

\$85.00 for one dependent

This program is designed to promote wellness within our employee community. Fitness memberships must be a minimum of three months.

Examples of some of the businesses who accept TechFit:

Student Development Complex  
Portage Health Fitness Connection  
Snap Fitness  
Mt. Ripley Ski Hill  
Aspirus-Keweenaw Rehab Center  
Portage Lake Golf Course

Curves  
Weight Watcher (campus group)  
TOPS  
Tech Trails  
Gates Tennis Center

You may join an organized class such as yoga, karate, Pilates, kickboxing, aerobics, etc. with the following guidelines (subject to change):

- It must be an organized class, for instance, lessons through the Community Programs at Michigan Tech that will improve your health and fitness level.
- The organization you choose must be willing to bill Michigan Tech directly for your fee. Employees will NOT be paid directly. Organizations may bill on a per class basis until the individual maximum is met.

Other Information regarding TechFit:

- The Benefits Office staff reserves the right to refuse any request for reimbursement that does not suit the TechFit mission.
- The maximum benefit for an employee is \$150 annually and \$85.00 for one dependent annually.
- The benefit is taxable.
- TechFit benefit form: <http://www.admin.mtu.edu/hro/forms/techfitdeducform07.pdf>

Bill to: Benefits Office  
Michigan Technological University  
1400 Townsend Drive  
Houghton, MI 49931  
906-487-2517