

TECHCOMMUNITY WELLNESS COMMITTEE 2008

Mission Statement

The Mission of the TechCommunity Wellness Committee is to encourage and empower the University community to live healthier lives. We strive to create a well environment to reduce health risks and enhance quality of life through educational programs, activities and outreach events.

We envision more productive employees, happier individuals and a healthier community.

Goals

1. Increase awareness and visibility of wellness on campus.
2. Provide a comprehensive health fair for the campus community to help achieve health and wellness-related goals that will enhance academic, professional and personal development.
3. Increase the diversity of offerings to which employees and dependants can apply their TechFit Benefit.
4. Increase the attendance at Lunch and Learns by covering a larger variety of topics and issues.
5. Develop a universally desirable incentive program which encourages the Tech community to participate in program offerings.
6. Reduce Michigan Tech health insurance costs by promoting the use of health-related benefits and improving lifestyle behaviors .
7. Evaluate wellness program suggestions to enhance program offerings based on participant feedback.