

MichiganTech

Wellness Programs

Mission Statement

TechCommunity Wellness encourages and empowers 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.

COMPREHENSIVE WELLNESS PROGRAM (www.aetna.com)

Aetna Health Connections Healthy Lifestyle Coaching

Do you want to lose weight, stop smoking, manage stress, or become fit? Receive one-on-one attention from a trained wellness coach who will see you through an entire program designed to fit your schedule.

TOOLS AND SUPPORT

Physical Improvement Plan

Individualized exercise program working directly with a certified Graduate student at Michigan Tech. Provides one-on-one consultation and training or can be coordinated with others with similar interests (tennis, running, swimming etc).

Cooking Classes

Designed to encourage healthy home style cooking, this program was developed to offer hands on techniques and experience in the kitchen. Learn kitchen basics from pots and pans to knives. Learn how to prepare healthy meals with fresh produce, herbs and spices. Each six week session is geared toward specific cuisine and topics.

Enhanced Health Risk Assessment (HRA):

Know your numbers and where you stand on your own wellness. Complete an HRA (through www.aetna.com) and a biometric screening (It can consist of all or some of the following screening tests: body mass index determination, blood pressure check; blood draw; diabetes screening; and cholesterol screening). These will allow you to learn about your current health status and determine risk for common diseases including diabetes, heart disease, asthma and other medical conditions.

TechFit

Designed to promote wellness within our employee community, TechFit offers \$150 per employee toward the purchase of an organized membership. An \$85 benefit is extended for one dependent. This benefit is available every calendar year.

Weight Watchers at Work

The Weight Watchers® at Work Program offers *PointsPlus*™ - weekly meetings, confidential weigh-ins, and support from co-workers and Weight Watchers staff with the added convenience of meetings right on campus.

WELLNESS INCENTIVES

HuskyPAW (Physical Activity and Wellness)

This program is designed to reward employees with incentives for participating in wellness activities. Points are earned on a calendar year basis; incentives are awarded at specific point levels. Participation in Lunch and Learn sessions, a weight loss program, smoking cessation; tracking physical activity and nutrition, among other wellness events all have a point value.

\$75 Incentive for completing the enhanced HRA

Earn \$75 if you complete your individual HRA as well as a biometric. Your \$75 can be added to your Health Savings Account (HSA), Healthcare Flexible Spending Account (FSA) or TechFit.