

Frequently Asked Questions (FAQs)

1. What is Wellpower?

Wellpower is a wellness incentive program for SMU benefit eligible faculty and staff, designed to encourage behaviors benefiting your wellbeing through a points-based system. Participants earn points for engaging in qualifying wellness activities and can redeem them for various rewards.

2. Who can participate?

All SMU benefit eligible faculty and staff are eligible to join the Wellpower program.

3. How do I participate?

Wellpower will be available in my.SMU in the employee self-service area for benefits-eligible employees

4. How do I earn points?

Points are awarded for participating in eligible wellness activities and events, such as health screenings, attending wellness webinars, the fall SMU HR Fair, and other approved activities. The full list of activities and their point values is available [here](#).

5. What can I redeem my points for?

Participants can earn up to two rewards per program year, choosing from options such as one additional vacation day, two months of free campus parking, or a six-month membership to the Dedman Center for Lifetime Sports.

6. Where do I track my points?

You can track your points and progress directly through the Wellpower tile in employee self-service of your my.SMU portal.

7. When can I redeem my rewards?

During the 2025 calendar year, participants can log their qualifying wellness activities and events from January 1 to November 30, 2025. Rewards are typically processed in the month following the month they are redeemed.

8. Given that the program restarted in March of 2025, will I be able to enter my qualifying wellness activities and events from January and February?

Yes. All qualifying wellness activities and events from January 1 to November 30, 2025, can be logged and redeemed for rewards.

9. Will my points expire?

The program resets every calendar year, and the points must be redeemed in the program year they are earned.

10. What if I have technical issues with my.SMU?

If you experience any technical difficulties accessing the Wellpower program on my.SMU, please contact **wellpower@smu.edu** for assistance.

11. How can I stay updated on Wellpower news and challenges?

Regular updates and qualifying events hosted by Human Resources may be shared via email, including through Wellpower@smu.edu, BenefitsU@smu.edu [the HR website's Wellpower page](#), and through various events.