

Frequently Asked Questions (FAQ) for the 2024-2025 Wellpower Program. For more information, please contact HR at 281.343.2222 or visit [www.smu.edu/hr](#).
Participate and redeem my points for free programs, parking, or dining from options such as the 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 activities can I redeem my points for? Free programs, parking, or dining from options such as 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 2024-2025 Wellpower Program, rewards are earned by participating in wellness activities. Rewards are redeemed for cash or gift cards.

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 to November 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.