

## Requirement #1 – Complete the Online Attestation

*(link will be available on March 2, 2026)*

## Requirements #2 and #3 – Employees can choose two items from the below menu:

- Attend **ONE** 60-minute Lunch & Learn
- Participate in leading out in **ONE** of the Monday morning Staff Worship
- Attend a breakout session during the CTC Mental Health Symposium
- Attend **THREE** group Fitness Class/Personal Training\*/Swim Lesson\*
  - *Employee payment needed for those with an asterisk (\*).*
- Participate in the Andreasen Center Triathlon
- Attend 20-minute HR Snack & Learns
  - *Will receive one credit for each one attended.*
- Annual Physical
  - *If you are covering a spouse, we will need their physical as well.*
  - *It is your responsibility to ensure the form is received on time. Late submissions will not be accepted.*
- Attend the Benefits Townhall

# Wellness Requirements

For the next benefit year

*(May 1, 2026- April 30, 2027)*

Employees will have **THREE (3)** requirements to complete between **August 15, 2025 – March 13, 2026**



\* Employees who are coded REMOTE by employment, email **Benefits** at [benefits@andrews.edu](mailto:benefits@andrews.edu) for your menu of options.