

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 Worships
- 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 for your menu of options.