



# WELLNESS REQUIREMENT

*for the next benefit year*

Employees will have **THREE** requirements to complete between **July 1, 2024** and **March 1, 2025**



## REQUIREMENTS

**Requirement (mandatory)** online attestation due by *March 14, 2025*

**EMPLOYEES MUST CHOOSE TWO OF THE FOLLOWING OPTIONS:**

- A. Complete Annual Physical**
  - For primary insurance holder and spouse only, both must be turned in to receive credit.
  - Physicals should be from March 1, 2024–Feb. 28, 2025
  - [andrews.edu/services/hr/documents/benefits/benefityear/2025/2425physical.pdf](https://andrews.edu/services/hr/documents/benefits/benefityear/2025/2425physical.pdf)
- B. Attend ONE 60-minute Lunch and Learn**
  - Must scan in at the beginning and end of the session.  
No partial credit for missing scans.
  - Must register to attend.
- C. Attend ONE 60-minute Mental Health Engagement**
  - Must scan in at the beginning and end of the session.  
No partial credit for missing scans.
  - Must register to attend.
- D. Attend THREE (20 minute) HR Snack and Learns**
  - Must scan in at the beginning and end of the session.  
No partial credit for missing scans.
  - Must register to attend.
- E. Attend THREE Group Fitness classes/ Personal Training\*/Swim Lessons\* via the Andraesen Center**
  - Employee payment needed for those with an asterisk (\*).
  - [andrews.edu/services/hr/documents/benefits/benefityear/2025/2425fitnessclass.pdf](https://andrews.edu/services/hr/documents/benefits/benefityear/2025/2425fitnessclass.pdf)
- F. Attend ONE Wellness Resource Meetings (2 offered in the fall and 2 offered in the spring)**
  - Must scan in at the beginning and end of the session.  
No partial credit for missing scans.
- G. Benefit's Townhall**
  - Must scan in at the beginning and end of the session.  
No partial credit for missing scans.

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