

FALL WELLNESS EVENTS

will feature Archdiocesan paid:

 Wellness Screening

 Annual Flu Shots

ST. THEODORE

Gym

11/5/26

2PM-5PM

WHO IS ELIGIBLE

- **Wellness Screening:** Archdiocesan-paid benefit available to all benefit eligible employees. You do not have to be a participant of the Archdiocesan health insurance plan to receive the H&H wellness screening. *Fasting is optimal but not required.*
- **Flu Shot:** Archdiocesan-paid benefit available to all active Archdiocesan parish, school, and agency employees, their spouses, and immediate dependents (ages 9-25). Employees and their immediate family members do not have to be benefit eligible, nor participants in the Archdiocesan Health Insurance plan. Parental/guardian attendance and consent is required for minors (<18). Proof of Archdiocesan employment is requested.

WELLNESS INCENTIVE RETIREMENT CONTRIBUTION (WIRC)

Eligible employees who complete an approved Wellness Screening between July 1, 2026 and June 30, 2027, may receive a \$125 employer-paid WIRC to their Archdiocese of St. Louis-sponsored 403(b) retirement plan!

Basic requirements to receive the WIRC

- You were hired on or before 7/1/26.
- You are benefit eligible as of 7/1/26 (working a minimum of 1,000 hours annually or teachers with a half-time contract or more).

EMPLOYEE WELLNESS SCREENING

- A comprehensive wellness screening
- Confidential test results and HIPAA compliant

PERSONALIZED REPORTS

- Detailed, easy to read report
- Results received at your home within 2 weeks
- Nurse outreach for those considered high risk

PRESERVATIVE FREE FLU SHOTS ONLY AVAILABLE AT THE 2026 ON-SITE WELLNESS EVENTS!



REGISTER!

For full details and schedule, go to ARCHSTL.ORG/HRBENEFITS

To register, go to WELLNESS.HHHEALTHASSOCIATES.COM

New Users, enter company code: **ARCHDIOCESE**. Existing Users, enter username/password. **Your Employee ID # is required when registering.** For help or to register by phone, call H&H (M-F, 8:30am-5pm) at 800.832.8302.