ARCHResources
SERVING THOSE WHO SERVE

2026 Fall Wellness Events
will feature Archdiocesan paid:

☑ **WELLNESS SCREENING**
☑ **ANNUAL FLU SHOTS**

Safe, Convenient, & 100% Confidential.

Who's Eligible:

- Wellness Screening: Archdiocesan-paid benefit available to all benefit eligible employees who work a minimum of 1,000 hours annually, in addition to teachers with a half-time contract or more. 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.

Employee ID:

- Please have your 8-digit Employee ID# with you – Located on your ArchHR Account in Basic Information.
- *For 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.

WELLNESS INCENTIVE RETIREMENT CONTRIBUTION (WIRC)

Eligible employees* who complete the one-time H&H Wellness Screening between July 1, 2026 – 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 Wellness Incentive Retirement Contribution (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 compliance

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!

H&H HEALTH ASSOCIATES®

*For full details, go to archstl.org/about/offices-and-agencies/human-resources/

SEE THE ATTACHED SCHEDULE FOR LOCATION DATES/TIMES

2026 Fall Wellness Event Locations

CLICK HERE TO SEE DATES AND LOCATIONS

Location	Address	Date	Event Time	Room Location
Our Lady of Lourdes	1000 Madison Avenue Washington, MO 63090	Sep. 23	9:00 AM	Parish Hall

Unable to participate at an on-site screening event?

Complete your screening at an approved, walk-in clinic. See registration below.

Walk-in Clinics

1,600+ approved, walk-in clinics nationally.
No co-pay or insurance information needed.

WELLNESS SCREENING REGISTRATION

Wellness Screenings available at all on-site events & approved clinics.

REGISTER!

Wellness.HHHealthAssociates.com

NEW USERS, enter company code:

ARCHDIOCESE

Existing Users, enter username/password

For assistance or to register by phone, call H&H at **800.832.8302.**
(Monday-Friday, 8:30am- 5:00pm CST)

***FLU SHOTS DO NOT REQUIRE AN APPOINTMENT & ONLY AVAILABLE AT ONSITE EVENTS.**

Wellness Screening – General Fasting Guidelines

Fasting is **not** required for this screening; however, all participants are encouraged to hydrate prior to their blood draw: drinking water, diet soda, or black coffee (no cream or sugar, but artificial sweeteners are ok).
No alcohol 24 hours prior and take all routine Rx medication (unless directed otherwise by your physician).
For optimal test results, no food 10 hours prior or follow a modified diet (avoiding sugary, fatty, and fried foods).
Questions about fasting or test results, contact a nurse at H&H Health (M-F, 8:30am-5pm CST)- 800.832.8302.

Wellness Incentive Retirement Contribution (WIRC) & Investment Questions

Q. What are the current wellness plan year dates?
A. July 1, 2026 – June 30, 2027.

Q. What is the Wellness Incentive Retirement Contribution (WIRC) for the current year?
A. The amount is $125 for the current wellness plan year.

Q. How do I know if I am currently an eligible employee for the Wellness Incentive Retirement Contribution?
A. You must be benefits eligible and have one year of service completed at the time of the screening.

Q. If I am no longer actively employed with the Archdiocese, or no longer benefit eligible, and I previously completed the wellness program will I still receive the WIRC?
A. Yes, if you were eligible at the time of the screening, you will receive the WIRC.

Q. If I am eligible and complete a wellness exam/screening, how will I receive the Wellness Incentive Retirement Contribution (WIRC)?
A. We intend to fund the WIRC within 90 days of the screenings.

Q. How will the Wellness Incentive Retirement Contribution (WIRC) be invested?
A. If you have designated an investment allocation, then the contribution will be invested according to your designated investment election. If you do not have a designated investment allocation, then the contribution will be invested in the default fund. You can adjust your investment funds at any time.

Q. If I participate in both the voluntary and employer retirement account, can I designate which account to deposit the Wellness Incentive Retirement Contribution (WIRC)?
A. No. The WIRC will be deposited as an employer retirement account contribution.

Q. Can I get the Wellness Incentive Retirement Contribution (WIRC) in cash instead of being deposited in the lay employer retirement account?
A. No. The WIRC can only be received as a contribution to your lay employer 403(b) retirement account.

Q. Can I opt out of receiving the Wellness Incentive Retirement contribution (WIRC)?
A. No.

Q Once the Wellness Incentive Retirement Contribution (WIRC) is deposited in my employer retirement account, can I request a distribution of the amount?
A. Yes, however, you must be eligible for a distributable event (Distribution/In-Service Withdrawal) as defined in the Plan Document.

Q. Will a vesting schedule apply to the Wellness Incentive Retirement Contribution (WIRC)?
A. No, as with all Contributions to the 403(b)-retirement plan, the contribution will be 100% vested immediately.

The Health Insurance Plan

Q. Can I get the employee wellness screening if I am benefit eligible but not enrolled in the UnitedHealthcare (UHC) Premier or Standard Plan?
A. Yes. The benefit of the exam/screening is to identify health risk factors early to be engaged in good health practices.

Q. Do I need to have the wellness exam/screening to be in the UHC Premier Plan?
A. No. There is no longer a wellness prerequisite for the UHC Premier Plan, whether or not you had a wellness exam/screening. You may participate in either the UHC Standard or Premier Plan.

Q. If I receive a serious diagnosis, will you terminate my health insurance plan?

A. No. Your health insurance continues, and we have no knowledge of any diagnosis. We only want to encourage all participants to receive a wellness screening and to be engaged in good health practices.

Wellness Screening Questions

Q. If I am a benefit eligible employee and have less than one year of service (hired after May 1st) can I still receive the H&H Employee Wellness Screening?

A. Yes, a benefit eligible employee with less than one year of service can still receive the H&H Employee Wellness Screening.

Q. If I am an Archdiocesan priest, brother, or sister may I receive the H&H Employee Wellness Screening?

A. Religious priests, brothers, and sisters are eligible for an annual Archdiocesan paid H&H wellness screening; however, they are not eligible to receive the Wellness Incentive Retirement Contribution.

Q. Can I get the health screening any time during the wellness plan year or just in September and March?

A. For your convenience, you can get the screening anytime during the plan year between July 1 and June 30. The screening must be scheduled through H&H Health Associates (314.845.8302) or online at http://wellness.hhhealthassociates.com. You will be directed to an H&H approved lab close to your home or work. The Archdiocese will sponsor onsite H&H Health screenings at multiple locations during the fall and spring each year, if feasible.

Q. Will the health results of my exam/screening be sent to the Archdiocese or my employer?

A. No. Individual health data will not be shared with your employer, the Archdiocese, our insurance provider, or any other entity. The alternative health screening is being conducted by H&H Health Associates or an H&H approved lab and will be managed in a completely confidential, HIPAA compliant manner.

Q. Does the physician who conducts my wellness exam have to be my primary care physician?

A. No. Any physician you choose, who meets the definition of a physician under the UHC health plan, can conduct your wellness exam.

Q. Does the annual wellness exam require an employee co-payment or coinsurance?

A. Maybe. The UHC plan generally covers preventive services, as specified in the health care reform law, at 100% without charging a copayment, coinsurance, or deductible, as long as they are received in the UHC health plan's network. UHC covers other routine services, which may require a co-payment, coinsurance, or deductible. Always refer to your plan documents for your specific coverage. Medical treatment for specific health issues or conditions, on-going care, laboratory tests or other health screenings necessary to manage or treat an already-identified medical issue or health condition are considered diagnostic care, not preventive care.

Q. If I do not complete the wellness screening for the current wellness plan year, do I need to do anything?

A. No.

Q. If I get the employee wellness screening during the current wellness plan year, do I need to complete the Physician Wellness form?

A. No. A Physician Wellness form is not required if you receive your employee wellness screening through H&H Health Associates.

Q. Can my spouse/child participate in the employer paid H&H wellness screening?

A. No. The H&H screening is a benefit provided to employees only. Your spouse/child may see the physician for a wellness exam, as the UHC plan typically covers preventive services.

Q. If I fail to have a wellness exam/screening prior to June 30, can I ask for extra time?

A. No. You have a full wellness plan year notice, from July 1 to June 30 to complete the wellness screening. Extra time allowances will not be granted due to administrative requirements.

Q. May I receive both an annual wellness exam from a physician and a health screening from H&H Health Associates?

A. Yes. The two covered preventive actions are not mutually exclusive.

Q. Should I get an H&H screening in lieu of an annual wellness exam by a physician?

A. While the H&H screening is a good wellness tool, it does not replace the importance of a comprehensive wellness exam and lab work by a physician on a regular and long-term basis. We encourage you to develop a physician/patient relationship to enhance your quality of life.

Q. What is the H&H Comprehensive Wellness Screening scope of testing?

A. The comprehensive Wellness Screening panel from H&H Health Associates looks at a wide array of different diseases/illnesses, including diabetes, kidney function, nerve conduction & muscle contraction, heart rhythm, bone health, cellular repair, fluid balance, damage to bones/liver/heart, iron reserves & saturation, heart disease risk, thyroid function, immune system disorders, anemia, clotting ability, infections, etc.

Q. What are the tests included in the H&H Employee Wellness Screening?

A. Below is a full listing of all test results...

Triglycerides	Sodium	White Blood Cell Count	Basophils
Total Cholesterol	Potassium	Red Blood Cell Count	TSH
HDL Cholesterol	Chloride	Hemoglobin	Hemoglobin A1C
LDL Cholesterol	Carbon Dioxide	Hematocrit	Bilirubin Direct
VLDL Cholesterol	Calcium	MCV	UIBC
Cholesterol Ratio	Protein	MCH	Neuts (Absolute)
Total Iron	Albumin	MCHC	Lymphs (Absolute)
TIBC	Globulin	RDW	Eos (Absolute)
Iron Saturation	Albumin/Globulin Ratio	Platelet Count	Baso (Absolute)
Glucose	Bilirubin Total	Neutrophils	Mono (Absolute)
BUN	Alkaline Phosphate	Lymphocytes	PSA (if Male, 50+)
Creatinine	AST (SGOT)	Monocytes	
BUN/Creatinine Ratio	ALT (SGPT)	Eosinophils	

Q. If I miss the spring or fall Archdiocesan Wellness Events, how can I get an H&H Employee Wellness Screening?

A. H&H Employee Wellness Screenings are available at over 1,600+ walk-in clinics nationally. Please contact H&H directly at 800.832.8302 or wellness.hhhealthassociates.com

On average, 25% of any population screened are considered "High Risk", meaning the individual is either completely unaware of a chronic illness/disease, or they are aware of a condition, but it is not under adequate control.

Important: This guide's Frequently Asked Questions and Description is intended to give you an overview of the Wellness Incentive Plan offered by the Archdiocese of St. Louis. Any of the benefit plans offered by the Archdiocese of St. Louis may be amended, revoked, suspended, or terminated at the Archdiocese's sole discretion at any time.

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