

## Archdiocese Wellness Screening

**Plan Overview:** Eligible employees may earn a \$125 Wellness Incentive Retirement Contribution by completing a free Wellness Screening between July 1, 2025-June 30, 2026. See below for full details.

### Q. What is a Wellness Screening?

The Archdiocese has partnered with **H&H Health Associates** to deliver a free, comprehensive Wellness Screening to all benefit eligible employees. The H&H Wellness Screening includes a comprehensive panel of 50 test results via a simple, venipuncture blood draw (takes approx. <3 minutes). The screening checks for a broad range of health conditions including diabetes, liver/kidney/thyroid function, heart health, immune system disorders, anemia, clotting ability, infections, etc. Below is a full listing of all tests included with the H&H Wellness Screening:

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	

The Wellness Screening does not replace or prohibit your annual exam with your primary care doctor. The result of the Wellness Screening is only shared with the employee, **not** with United Healthcare, the Archdiocese, or your primary care physician.

### Q. Who is eligible to participate and receive the employee Wellness Screening?

- Benefit eligible employees, priests, brothers and sisters may participate in the Wellness Screening, even if you have less than one year of service and are not enrolled in the Archdiocese health plan.
- The Wellness Screening is offered for **benefit eligible employees only**. Spouses or children are not eligible to participate.

### Q. What are the three ways eligible employees can participate in a Wellness Screening?

- On-Site Screening Events:** H&H Wellness Screening events are planned at Archdiocese locations in the Fall & Spring.
- Approved, Walk-in Clinics:** If you are unable to complete a screening at an on-site event, employees may participate at an approved, walk-in clinic (1,600+ nationally) by June 30, 2026. Pre-registration is **required** through H&H.
  - \*A driver's license or state ID is required at the approved clinic. No insurance, co-pay, or appointment needed.
- Your personal physician:** Employees may also visit their primary care or other physician to request a Wellness exam. Employees who opt for this need to return the completed Employee Wellness from available from this link **[Employee Wellness Programs | Default Site](#)** to H&H Health Associates no later than the participation deadline of June 30, 2026 via email ([wellness@hhhealthassociates.com](mailto:wellness@hhhealthassociates.com)) Subject Line: Physician Waiver, or via fax at 314.845.8087, Attn: Nurses.

To register for an H&H Wellness Screening, go to <https://wellness.hhhealthassociates.com>.

- NEW USERS** (first time participants with H&H): Enter Company Code: **ARCHDIOCESE**
- Upon submitting your profile information, individuals receive an immediate email to validate their new account. You must click the link within this email to activate your account, and then log in.*

- **EXISTING USERS:** Enter Username (email address) and password.
- *If you have an existing account but forgot your password, click the "FORGOT PASSWORD" button and follow the instructions.*
- For assistance with on-line registration, or if you would prefer to register by phone, please call H&H (M-F, 8:30am-5pm CST) at 800.832.8302.

**Q. What is the cost for the Wellness Screening?**

The H&H Wellness Screening is fully paid by the Archdiocese as part to the benefits Total Rewards package. If your physician's office is ordering/performing your wellness screening, make sure it's scheduled as a *preventive service* to ensure full coverage—either through the Archdiocese's United Healthcare plan or your personal insurance (if coverage is outside the Archdiocese plan). The Archdiocese is not responsible for any charges not covered by the plan.

**Wellness Incentive Retirement Contribution****Q. What is the current plan year to complete the Wellness Screening?**

July 1, 2025 – June 30, 2026.

**Q. What is the Wellness Incentive Retirement Contribution?**

- The Incentive is a \$125 deposit to your Archdiocese retirement account paid as an employer contribution.
- Employees are 100% vested in the incentive when deposited.
- The incentive is not paid in cash.
- Eligible recipients may not opt out of receiving the incentive.

**Q. What are the criteria to be eligible to receive the Wellness Incentive Retirement Contribution?**

- You must be an active, benefit eligible employee who completed an H&H Wellness Screening and/or Wellness Exam through your Physician between July 1, 2025-June 30, 2026.
- You have at least one year of service, hired on or before July 1, 2025.
- You are working at least 1,000 hours annually or a teacher with a half time or more contract.
- You are not an Archdiocese Priest, Brother or Sister.

**Q. When will participants receive the retirement contribution and how is this invested?**

The funds will be contributed before or no later than summer of 2026 and will be deposited in your Archdiocese retirement account. The employer contribution is in addition to the standard employer contribution and will be invested according to your current investment allocation or the default account if you have not directed an allocation.

If you have already closed, withdrew or rolled over your retirement account by the date the employer retirement contribution is funded, Empower will mail this distribution to you.

**Q. I may be eligible for the Wellness Screening but not the Wellness Incentive Retirement Contribution, is that correct?**

Yes, benefits eligible employees who have not worked for 1 year or more may participate in the screening.

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