

Archdiocese of St. Louis

Employee Wellness Form

Benefit eligible employees, with at least one year of service and either working a minimum of 1,000 hours annually or a teacher with a half-time or more contract, may annually complete one of the following in order to receive an Archdiocesan paid, \$125 contribution to their Archdiocese of St. Louis sponsored 403(b) retirement plan:



- A. Receive an annual wellness exam with your physician of choice between **May 1, 2021 and April 30, 2022.**
The deadline for H&H to receive this form is no later than May 7, 2022.

OR

- B. Participate in the Archdiocesan paid, confidential H&H Health Associates health screening between May 1, 2021 and April 30, 2022.

IMPORTANT NOTES:

- Participation in the health insurance plan is not a requirement to be eligible to receive the \$125 retirement contribution.
- Religious sisters, brothers, and priests are not eligible to receive the \$125 retirement plan contribution; however, they are eligible for an annual Archdiocesan paid H&H health screening.
- If you were hired on or before May 1, 2021, and have been working either a minimum of 1,000 hours annually or a teacher with a half-time or more contract, you have fulfilled the one year of service requirement.
- If you receive an H&H health screening, you do not need to submit this form.
- The \$125 retirement plan contribution will be processed in the fall of 2022 if you have completed the above criteria *and* are actively employed with the Archdiocese of St. Louis at the end of the Wellness Plan year; April 30th.

Employee Instructions: Please fill out all requested information. (please print)

Employee Last Name: First Name: MI: Date of Birth: (mm/dd/yy) Last 4 Digits of SSN:

Home Street Address: Phone #

City: State: Zip Code:

Name of Parish, School, or Agency Employer: Your Email Address (optional):

CERTIFICATION: I certify that I received an annual wellness exam with my physician on the date noted below. I understand that if I provide false information, it may lead to disciplinary action.

Your Physician's Name: (Physician is not instructed to sign this form) Date of Physician Exam: (mm/dd/yy)

Employee Signature: Date: (mm/dd/yy)

Questions? Please contact the Archdiocesan Office of Human Resources at 314.792.7546, email to benefits@archstl.org or refer to the Archdiocesan website at archstl.org/hr | [Employee Wellness Programs](#).

Employee Instructions: This completed and signed Employee Wellness Form should be sent to H&H Health Associates. Email is the recommended method of delivery so that you have proof of sending the form.

Mail: H&H Health Associates
3660 South Geyer Road
Suite 100, Laumeier III
St. Louis, MO 63127
Attn: Archdiocese Wellness

Fax: To H&H Health Associates
at 314.845.8087
To verify receipt of fax you
can call 314.845.8302
Regarding: Archdiocese Wellness

Email: To H&H Health Associates at
nurses@hhhealthassociates.com
Subject: Archdiocese Wellness