

# ARS 2024/2025 Wellness Program



ADVANCED  
**RECOVERY**  
SYSTEMS

Advanced Recovery Systems cares about your health and well-being. Here's what you need to know to receive a \$40 per month premium discount on your health insurance, effective September 1, 2025.

If you are enrolled in the medical plan or will be on September 1, 2025, complete the steps below and turn in your proof of completion by July 31, 2025, to earn a premium discount starting **September 1, 2025**.

1. **COMPLETE A PHYSICAL EXAMINATION** from your Primary Care Physician (PCP) **between July 1, 2024 and July 31, 2025**.

***Note: Please be sure your visit is coded as preventative and not an office visit to ensure that you will not be billed. Preventative exams are covered 100%.***

2. **COMPLETE A NON-NICOTINE USER CERTIFICATION** certifying that you have not used nicotine products in any form for the past 90 days.

If you are a nicotine user and complete an approved nicotine cessation program and provide proof before July 31, 2025, you will qualify for the employee premium discount **beginning September 1, 2025**.



## 2024/2025 Wellness Program

*Complete the outlined wellness initiatives by July 31, 2025 to get a discount on your health insurance contributions, effective September 1, 2025.*

*Preventing disease and detecting medical issues early is the best way to Live Well and Be Well!*

*Proof of an annual preventive exam is required every year. By completing this step annually, employees enrolled in the medical plan can earn a \$40 per month premium discount beginning on September 1, 2025.*

*Rest assured your personal health information will remain completely confidential. It's the law!*

*If you have questions regarding the Wellness Program, please email them to [HRHelpdesk@advancedrecoverysystems.com](mailto:HRHelpdesk@advancedrecoverysystems.com).*