



## Wellness Release Time Acknowledgement

**Privacy Notice:** State law requires that you be informed that you are entitled to: (1) request to be informed about the information collected about yourself on this form (with a few exceptions as provided by law); (2) receive and review that information; and (3) have the information corrected at no charge. To request this information, contact [benefits@tamu.edu](mailto:benefits@tamu.edu) or (979) 845-4141.

**INSTRUCTIONS** This form is provided to employees who wish to participate in Wellness Release confirming they have been notified about important information as required by System Regulation Wellness Programs 31.02.13, and Wellness Programs SAP 31.02.13.M0.01.

Employee Name

Optional area for additional notes:

I acknowledge that Wellness Release Time is not considered work time for purposes of Workers' Compensation benefits.

\_\_\_\_\_  
Employee Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Supervisor Signature

\_\_\_\_\_  
Date

**SUBMIT FORM TO:**  
Employee's Personnel File  
Copy to Employee

**NEED HELP?**  
HR Benefit Services  
(979) 862-1718  
[benefits@tamu.edu](mailto:benefits@tamu.edu)