# Wellness Release Time

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## Overview

Wellness Release Time provides all full-time (40 hours), benefits-eligible, Texas A&M employees the opportunity to use 30 minutes of their regular work hours, up to three (3) times a week, to exercise or participate in physical fitness activities. Wellness Release Time is not considered work time for purposes of Workers’ Compensation.

## Process

Employees need to work with their supervisor to establish an appropriate arrangement for the use of Wellness Release Time, and acknowledge their participation using the [Wellness Release Time Acknowledgement Form](https://employees.tamu.edu/media/912246/222WellnessReleaseTime.pdf), which will be kept in the employee’s personnel file. To document Wellness Release Time, employees will use the method advised by their supervisor.

## Resources

Visit [Wellness Release Time](http://employees.tamu.edu/benefits/healthy-behaviors/wellness-release-time.html) on HROE Benefits’ website to learn more about general provisions and to access the [Wellness Release Time Acknowledgement](https://employees.tamu.edu/media/912246/222WellnessReleaseTime.pdf).

## Texas A&M System Policies and Procedures

* [31.02.13 Wellness Programs](http://policies.tamus.edu/31-02-13.pdf)

## Texas A&M University Rules and Standard Administrative Procedures

* [31.02.13.M0.01 Wellness Programs](https://rules-saps.tamu.edu/PDFs/31.02.13.M0.01.pdf)

## Requesting Help

For help with wellness release time, contact the following:

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| Name | Contact Information |
| HROE Benefits | benefits@tamu.edu |