



**MENTAL**  
*health*  
**MATTERS**

# Mental Health Support and Resources

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There is no mental health challenge too small to ask for support! Explore important information about mental health below. Learn the warning signs and what resources are available for you and your loved ones.

The more you know about mental health, the more you are able to take an active role in destigmatizing and supporting this critical area of well-being for yourself and others!

Click [here](#) for more information.

[Para ver en español haga clic aquí](#)



**If you are struggling with mental health and need support, please contact [smartin@augustahealth.com](mailto:smartin@augustahealth.com) for confidential assistance**

# Challenge Overview

This challenge offers a chance for you to explore mental health, engage in self-care and mindfulness activities, and discover resources for seeking personal support or assisting others facing challenges. The challenge begins on April 1 and ends on June 28 at 12pm. You will earn Wellable Points for being physically active while practicing daily self-care activities and mindfulness challenges.

The impact is even stronger with an accountability partner so during this challenge you can work in teams of two. Together, you can motivate each other through obstacles, celebrate successes, and stay dedicated to mental well-being.

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## There are two ways to win this quarter:

### Standard Reward Structure

In the Wellable app, incentive points are earned for activities and healthy behaviors completed. Points earned by June 28 will determine the tier and payout on your paycheck. **You do not need to register with a teammate to earn your incentive reward.**

Tier	Points Earned	Reward
0	0 - 4,999	No reward
1	5,000 - 9,999	\$50.00
2	10,000 or more	\$100.00

*Incentive money will be issued at the end of each quarter under the earnings section titled WELL.*

### Grand Prizes

To be eligible for a grand prize, you will need to form a 2-person team. **Teams are ranked by the average number of Wellable Points for all members of that team.**

The team who averages the most Wellable Points at the end of the challenge will be crowned the Mental Health Matters Challenge champions and win a cash prize to be split equally! Two additional team-based raffles will be held for another \$250 cash prize! **If you do not register and participate with a teammate, you will not be eligible for the additional cash prize**

**Top Team - \$250 cash prize**

**Top 10 Teams Raffle - \$250 cash prize**

**All Participating Teams Raffle - \$250 cash prize**

*It is essential to note that any remuneration disbursed to our team members is subject to taxation as outlined by the IRS website.*

# Team Registration

In order to register a team, you must have a team name and the Wellable Username (email address associated with your Wellable app) of each team member. Teams cannot have more than two members. To register your team and compete for the \$250 cash prizes, please follow the instructions below.

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Find a friend to be your accountability partner!



Determine a team name. Humor and creativity is encouraged but please make it work appropriate!



Have one person register your team using [this link](#) - signing into your account may be required. Registration will require each teammate's Wellable Username (email address).

**Registration will take place April 1 – 12 at 11:59pm. Your team must be registered by the morning of April 15th to participate in the team portion of the challenge. (Please note - You will still accumulate points during the registration period)**

- *Teams are ranked by the average number of Wellable Points for all members of that team. This means that teammates with zero Wellable Points during a challenge will lower the score of the entire team.*
- *Email [welltogether@augustahealth.com](mailto:welltogether@augustahealth.com) by April 10th for help finding an accountability partner.*
- *Adding and/or removing members of your team will not be allowed after the registration period is over unless a team member joins or leaves the organization.*
- *Leaderboard defaults to team rankings, but individual and team views are available in the options menu.*



# Points Structure

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Nutrition Points	
Logging meals	25 Points Per Meal
<b>75 Points Max Per Day</b>	

Nutrition Tracking Through Paid Programs	
WW, Noom, etc.	1,120 Per Month
Please email your invoice/proof of payment to <a href="mailto:welltogether@augustahealth.com">welltogether@augustahealth.com</a> at the start of each month. <b>You cannot log nutrition points through another app and also use this code to earn double points.</b> <u>Points will be issued at the end of each month.</u>	

Physical Activity Points	
Steps	.02 Per Step
Walk / Run	45 Points Per Mile
Other Exercise	3 Points Per Minute
Outdoor Cycling	15 Points Per Mile
<b>350 Points Max Per Day</b>	

Daily Challenges	
<b>Daily Challenges</b> (log under Daily Challenges button on dashboard)	10 Points Each
<b>Once-Per-Day Special Activities</b> (log under Special Activities icon on dashboard)	10 Points Each

Monthly Webinars
New webinars will be available monthly. Please note: only the webinars listed under the "Special Activities" icon on your dashboard can be used to redeem points. Unlisted webinars from past months can be viewed but cannot be redeemed for points.

# Preventative Care Points

Preventive health care is the stuff you do (before you get sick) to stay healthy. So why should you go to the doctor when you're healthy? The simple answer is that preventive care stops sickness before it starts, reducing your risk of developing disease and chronic illnesses! *Please note: attestation forms can be submitted anytime during the year as long as the exam was completed in 2024. You do NOT have to submit your forms during the quarter your exam was completed.*

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## Annual Physical - 1000 Points

Visit your PCP for your annual checkup, then fill out the [attestation form](#) and email to [WellTogether@augustahealth.com](mailto:WellTogether@augustahealth.com). Limited to once per year.



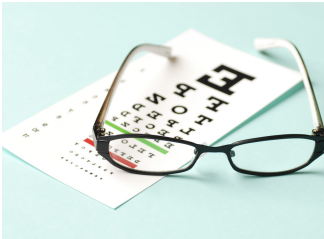
## Dental Exam / Cleaning - 1000 Points

Visit your dentist and complete a routine cleaning exam, then fill out the [attestation form](#) and email to [WellTogether@augustahealth.com](mailto:WellTogether@augustahealth.com). Limited to twice per year.



## Preventative Cancer Screening - 1000 Points

Early detection saves lives! Complete a [preventative cancer screening](#), then fill out the [attestation form](#) and email to [WellTogether@augustahealth.com](mailto:WellTogether@augustahealth.com). Limited to once per year.



## Annual Vision Exam - 1000 Points

Complete your annual vision exam, then fill out the [attestation form](#) and email to [WellTogether@augustahealth.com](mailto:WellTogether@augustahealth.com). Limited to once per year.



## Prediabetes Risk Assessment - 500 Points

Click [here](#) to complete the pre-diabetes risk assessment, then fill out the [attestation form](#) and email to [WellTogether@augustahealth.com](mailto:WellTogether@augustahealth.com). Individuals with a previous diagnosis of pre-diabetes or diabetes may submit their most recent A1C (taken within the last 12 months). *Limit one per calendar year.*



## Complete a Biometric Screening - 500 Points

Fasting biometric screenings include checking for normal ranges or showing improvements in blood pressure, glucose, triglycerides, waist circumference and BMI. Click [here](#) to schedule your appointment. *Points are limited to two biometric screenings per calendar year.*

# Quarterly Special Activities

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## \* Self-Care with Your Teammate - 200 Points

Did you know the health effects of loneliness are equivalent to smoking 15 cigarettes a day? Having an accountability partner is a great way to create a sense of belonging, stay dedicated to your goals, and combat feelings of loneliness.

During the second quarter, send a selfie of you and your accountability partner practicing self-care to [welltogether@augustahealth.com](mailto:welltogether@augustahealth.com). This can be exercising, grabbing coffee together, unwinding in the Lavender Room, or simply enjoying a fun activity together. Limit one per challenge. **Limit one per challenge.**

## \* Overcoming Anxiety Meditation - 200 Points

Complete this body scan meditation to help center and bring yourself to the present. After you have completed the meditation, click [here](#) to receive your verification code. **Limit one per challenge.**

*This is based on the honor system, please be guided by your Augusta Health values*

## \* Have an Outdoor Meeting - 200 Points

Spring is here, and the outdoors are calling! Instead of the usual conference room, why not take your meeting outside? This small shift in location offers various benefits that can enhance the productivity of your meetings. Studies show that fresh air and natural sunlight can boost energy levels and uplift mood, while a change of scenery can stimulate productivity and creativity.

Send us proof of our outdoor meeting to [welltogether@augustahealth.com](mailto:welltogether@augustahealth.com) for the chance for you and your team to earn 200 wellness points! **Limit one per challenge.**



# April Special Activities

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## \* April Self-Care Challenge - 500 Points

Many adults find it challenging to prioritize self-care amidst their hectic schedules. While ambitious goals are important for progress, it's just as important to find small ways to take care of yourself every day. This month, complete *at least 20* of these [mini self-care activities](#) to improve your mental well-being and kick-start your self-care routine. Once you have completed the calendar, submit it to [welltogether@augustahealth.com](mailto:welltogether@augustahealth.com) to earn 500 wellness points! **(Points valid through 4/30/24)**

## \* Mindfulness Assessment - 500 Points

Mindfulness is the ability to be completely focused on the present moment, conscious of our surroundings and actions, without being overly reactive or overwhelmed by what's going on around us. Many people who practice mindfulness report an enhanced ability to unwind, a heightened zest for life, and improved self-esteem.

But the concept of mindfulness can be a tough one to grasp. How can a person determine the extent to which they are mindful of their thoughts and emotions? [Click here](#) to learn more about mindfulness and then take an assessment to see how mindful you are! Submit your assessment to [welltogether@augustahealth.com](mailto:welltogether@augustahealth.com) to earn 500 points! **(Points valid through 4/30/24)**

## \* Recharge Your Mental Battery: Stress Management - 500 Points

How are you feeling at the moment? Feeling great? Just okay? Overwhelmed? Struggling? It's crucial to prioritize your mental well-being and recognize when your mental battery is drained.

Mental exhaustion can affect anyone under prolonged stress. So, what steps can you take to manage stress and revitalize your "mental battery"? Start by identifying what drains and recharges you in your life. Then, apply this knowledge to achieve an energy balance. Avoid overwhelming your day with energy-draining activities... [use this activity](#) to make sure you have an equal balance daily! After you have completed this exercise, submit it to [welltogether@augustahealth.com](mailto:welltogether@augustahealth.com) to earn 500 points! **(Points valid through 4/30/24)**

## \* The Power of Positive Self-Talk - 200 Points

Self-talk (or our inner voice) has the power to build us up or break us down. Do you talk to yourself in the same way you talk to a loved one? [Click here](#) to learn more about positive self-talk. Complete the attached activity to earn 200 wellness points. **(Points valid through 4/30/24)**



## April 3 - National Walking Day

National Walking Day is on the first Wednesday in April and promotes the health benefits of walking. On that day, take a 30-minute walk and submit a selfie to earn 100 points. Points will be awarded on April 5th.



# Other Opportunities to Earn Points

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## Leading Through Wellness

Creating a healthy work environment is a responsibility that starts with our leaders.

Do you have an example of how an Augusta Health leader has led through wellness? We want to hear about it [here](#) for 50 points!



## Volunteering Opportunities

Augusta Well Together believes volunteering is beneficial to a person's health and well-being.

Want to give back? [Click here](#) (and click on Volunteerism Calendar) to view current opportunities to volunteer your skills in our community.



## Get Back on Track with Your Goals

Need help getting back on track with your New Year's goal? [Click here](#) to schedule an appointment with our Health Coach for 500 points. Points are limited to once per quarter.

Did you crush the goal you set for yourself at the beginning of 2024? Congratulations, we want to celebrate your success! Bring your [goal-setting paper](#) and schedule a [face-to-face or virtual chat](#) with Sarah Martin to get your hands on **1000 points!**



## Join Our Facebook Group

Wellness isn't a journey you have to do alone!

Check out our [Facebook group](#). Interact with us, talk about your accomplishments, share delicious recipes, and more!

You will receive a code for 100 points in the group rules when you join the page!



## Schedule a Healthy Huddle

We encourage you to make wellness a standing agenda item in your department huddles!

Our Board-Certified Health Coach and Personal Trainer can come to your department meetings to demonstrate office stretches, deep breathing exercises, and more! [Click here to schedule.](#)