

Thrive Trio Challenge

Move, Fuel, Rest



Reward & Points Structure

Standard Reward Structure

In the Wellable app, incentive points are earned for activities and healthy behaviors completed. Points earned by March 31 at 12pm will determine the tier and payout on your paycheck.

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

Grand prizes will be distributed monthly. Please review the current month’s activities for detailed information.

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
350 Points Max Per Day	

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.

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

Nutrition Points	
Logging meals	25 Points Per Meal
75 Points Max Per Day	

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

Daily Challenges	
Daily Challenges (log under Daily Challenges button on dashboard)	10 Points Each <i>max of 50 per day</i>
Once-Per-Day Special Activities (log under Special Activities icon on dashboard)	10 Points Each

Preventative Care Points

Preventive health care refers to the actions you take (before you get sick) to stay healthy. So why should you visit the doctor when you're healthy? The simple answer is that preventive care stops illness before it starts, reducing your risk of developing diseases and chronic conditions! *Please note: Attestation forms can be submitted at any time during the year, as long as the exam was completed in 2025. You are not required to submit your forms in the same quarter the exam was completed. Additionally, activities that occur twice per year cannot be submitted within the same quarter.*



Annual Physical - 1000 Points

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



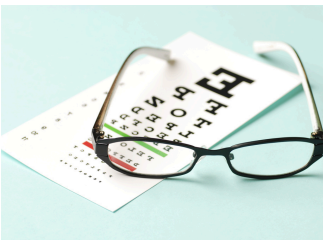
Dental Exam / Cleaning - 1000 Points

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

March - Sleep Month

Now that we've tackled movement and nutrition, let's talk about sleep. Sleep is like hitting the reset button for your body and brain! It helps you recharge, boosts your mood, sharpens your focus, and keeps you feeling your best. When you sleep well, you're ready to tackle the day with more energy, creativity, and a stronger immune system!

Grand Prizes

Two participants who rank in the Top 50 and Top 100 at the end of the month will win a **\$250 cash prize!** Raffle winners will be drawn at random and winners will be announced on March 31 at 12pm.

Habit Tracker - 1000 Points

Habits form when we repeat a behavior until it becomes automatic. This March, choose a simple sleep habit you'd like to start by filling out the [habit tracker worksheet](#). After that, print the [calendar](#) and mark off each day you successfully complete your habit!



Submit your completed [calendar](#) and [habit tracker worksheet](#) to welltogether@augustahealth.com by March 30th to earn 1000 wellness points!

Energy Mapping - 500 Points

Optimize your daily routine by tracking your energy levels with this [simple worksheet](#).

Record your energy every hour over the course of five days to identify your natural peaks and valleys. This insight will help you align activities with your personal circadian rhythm, ensuring you tackle tasks when you're most alert and energized, while allowing for rest during low-energy periods.

Start [mapping your energy](#) today and take control of your productivity and well-being!

Invest in Rest Webinar - 500 Points

Join our webinar (March 11, 12, 13) to talk about sleep! This webinar debunks myths about overwork, highlights the differences between sleep and rest, and provides strategies to achieve seven distinct types of rest for improved well-being. Recordings will be available after the live sessions have ended. Click [here](#) to learn more or [here](#) to register today!

Breathwork (Self-Care Series) - 500 Points

Join our live self-care class to learn breathwork that can promote relaxation and enhance mental clarity. Classes will be held Mar 18 at 12pm, Mar 19 at 9am & 8pm, and Mar 20 at 5pm. [Register here](#) to get started!

Sleep PodClasses - 100 Points; 500 Total

Prioritizing quality sleep along with other forms of rest can boost health, energy, and performance for sustainable success. Watch these short podclasses to explore the science of sleep, tap into the power of rest, and discover how to carve out downtime. You will earn 100 Wellable Points for each episode you listen to!

[Episode 1: Wired \(And Tired\)](#)

[Episode 2: Productivity Paradox](#)

[Episode 3: Rest Roadblocks](#)

[Episode 4: Sleep Science](#)

[Episode 5: Work Hard, Rest Harder](#)



FREE SERVICE
for all Augusta Health
team members



FITNESS

COACHING



Personalized Fitness Plan

We'll kick things off by discussing your goals and conducting a comprehensive fitness assessment. Based on your needs, we'll create a tailored fitness plan designed just for you.



Expert Guidance

Sarah Martin will join you for your initial exercise session to teach you proper form, correct weight usage, and ensure you're using safe techniques. This will help you avoid injuries and get the best results from your workouts.



Ongoing Support

Enjoy monthly follow-up sessions to adjust your plan, keep you motivated, and ensure you're always progressing.

Start Today!

SIGN UP NOW
[CLICK HERE](#)



Healthy Aging

Women's Health Program

Join Sarah Martin in this transformative program designed to support your mind, body, and health before, during, and after menopause.

As women, we face unique challenges as our bodies change with age, and it's essential to have open conversations about these realities. Menopause can be an overwhelming journey, often leaving us feeling unprepared for the shifts we experience.

Together, we will explore the vital aspects of exercise, sleep, stress management, and nutrition, providing practical strategies to help you navigate mid-life and beyond with confidence.

To register:

[Click here](#)

Other Opportunities to Earn Points



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 Volunteering Opportunities) to view current opportunities to volunteer your skills in our community.



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.](#)