



**SPRING
INTO
SUMMER**

wellness challenge



Reward & Points Structure

Standard Reward Structure

In the Wellable app, incentive points are earned for activities and healthy behaviors completed. Points earned by June 30 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.

Monthly Self-Care Series
Join live wellness classes with interactive activities like meditation, stretching, trivia, and more. New activities will be available monthly under the Health Content tab.

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

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

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.*



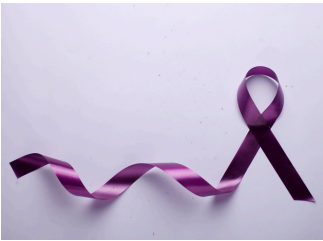
Annual Physical - 1000 Points

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

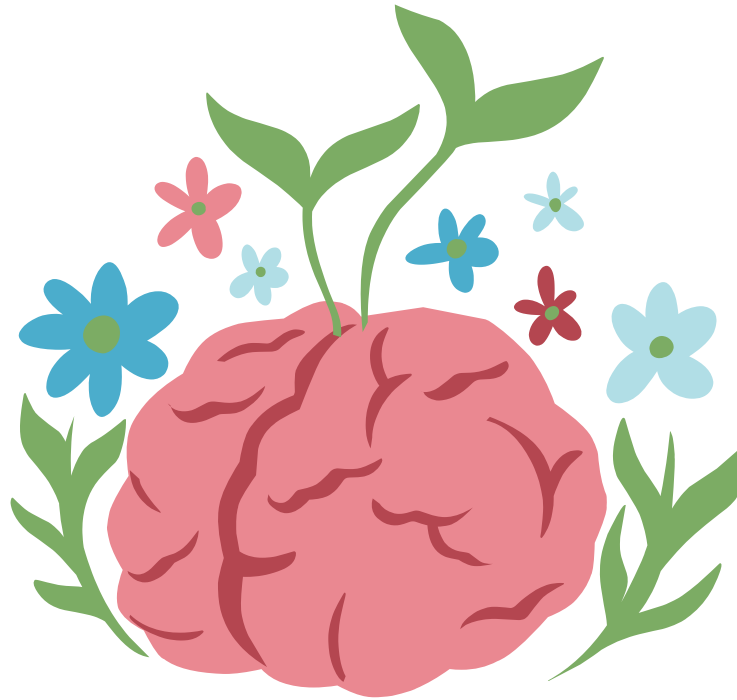
Click [here](#) to complete the pre-diabetes risk assessment, then fill out the [attestation form](#) and email to WellTogether@augustahealth.com. Individuals with a previous diagnosis of pre-diabetes or diabetes may submit their most recent A1C (taken within the last 12 months). *Limit one per calendar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

May 2025 Mental Health Month



In May, we're celebrating Mental Health Month, a time to focus on well-being and self-care. Taking small steps to nurture your mental health can have a profound impact on your overall well-being. Whether it's spending time outdoors, practicing mindfulness, or simply allowing yourself moments of peace, every action helps create a clearer, more balanced mind. This spring, why not refresh your routines and embrace practices that support your mental health and personal growth?

Grand Prizes

A grand prize of \$250 will be awarded at the end of May to TWO participants using a Wellable Points-Based Raffle. Each Wellable Point earned during the month equals one entry into the grand prize raffle. Your odds of winning a grand prize increases with each Wellable Point you earn!

May Special Activities

Declutter Challenge - 1000 Points

Try the **30-Day Declutter Challenge**—30 simple tasks that take 20 minutes or less each day. As you clear the clutter, you'll create a calmer, more focused environment, helping reduce stress and anxiety. Studies show that clutter can raise cortisol (stress) levels, so decluttering isn't just about organization; it's about improving your mental health.

Do one task each day (set a 20-minute timer to keep it easy and avoid getting overwhelmed). Try to finish at least 20 out of the 30 tasks by the end of the month. Once you're done, send your **completed tracker** to welltogether@augustahealth.com by May 31 to get your code!

Digital Detox - 500 Points

Set aside a day or weekend for a digital detox—no phones, social media, emails, or any other distractions. Use this time to enjoy outdoor activities, dive into a good book, try your hand at crafting, or simply enjoy quality, tech-free moments with loved ones. Once your detox is complete, **[click here](#)** to share how you felt before and after. After filling out the survey, you'll receive a code.

Guided Meditations - 100 Points Each; 500 Points Total

Guided meditations can help you feel calm, worry less, and better understand your thoughts. They're easy to follow and can also help you sleep and relax. Try one—or all five—of our guided meditations below to build a healthier, more balanced mind and earn points!

[Mental Health Exercise: Gratitude Meditation](#)

[Mental Health Exercise: Letting Go Meditation](#)

[Mental Health Exercise: Stress Relief Meditation](#)

[Mental Health Exercise: Life Force Energy Meditation](#)

[Mental Health Exercise: Abundance Meditation](#)



Mindful Reflection - 300 Points

Pausing means making a choice to slow down, breathe, and focus on yourself. It helps you stay calm and present instead of getting caught up in the rush of everyday life. Journaling is a great way to make pausing a habit. After doing some or all of the meditations above, take a moment to reflect **[here](#)**.

Mental Health Webinar - 500 Points

Come join us on May 13, 14, or 15 to learn about mindfulness and taking care of your mind and body. This online event will teach you simple ways to feel calm and healthy. You'll also get to try fun activities to help you build your own mindfulness routine. **[Register here!](#)**

Can't make it to the live event? No problem! If you sign up, we'll send you a recording after the last session

Food for Thought Trivia: Self Care Series - 500 Points

Join us on May 20, May 21 or May 22 for an interactive trivia game that will test your food wisdom across a variety of topics, from the realms of movies, music, sports, and more! **[Register here!](#)**



**Earn 500 points for attending
Together Tuesdays!**

**May 6
3 West Conference Room**

**May 20
3 West Conference Room**

AUGUSTA WELL TOGETHER REFERRAL PROGRAMS

Sign up for any of our quarterly programs to earn a \$100 quarterly incentive in a different way!*



STRESS/ANXIETY MANAGEMENT

This program offers personalized techniques and strategies to help you cope with stress and improve well-being.

Learn about lifestyle changes that reduce stress, and methods to improve overall well-being. Relaxation techniques such as deep breathing and mindfulness will be introduced.



HEALTH COACHING

Our Health Coach helps you create a personalized wellness plan focusing on movement, nutrition, stress management, sleep, and more. We support you in improving health and quality of life, focusing on your goals and overcoming barriers. Click the links below to schedule your first virtual or in-person appointment!



FITNESS COACHING

Our fitness coaching program is designed to help you reach your fitness goals with personalized support every step of the way. Receive a personalized fitness plan, expert guidance, and ongoing support. Click here to sign up.



HEALTHY WOMEN'S AGING PROGRAM

As we age, our bodies change, and menopause can feel overwhelming. This program will help you navigate these shifts with confidence, focusing on exercise, sleep, stress management, and nutrition. Click here to sign up.

**All FT, PT, and PRN team members are eligible to earn one wellness incentive per quarter. This can be achieved by earning points in the Wellable app or through meaningful participation in one of our 12-week programs. For any questions, please contact us at welltogether@augustahealth.com.*

TOGETHER TUESDAYS

EARN 500
POINTS PER
CLASS



Come unwind with us every other Tuesday at 12pm for deep breathing, standing yoga, stretches, meditations, and more! Each session will vary in length (5-15 mins) and offer a unique experience. Treat yourself to a moment of relaxation and rejuvenation amidst your busy day!

April 8

3 West Conference Room

April 22

Conference Room C

May 6

3 West Conference Room

May 20

3 West Conference Room

June 3

3 West Conference Room

June 17

3 West Conference Room

Earn 500 wellness points for attending. Remote employees can view on our [Facebook page](#) between Tuesday at 12pm - Wednesday at 12pm. Type your name in the chat to earn 100 points.

Body Composition Analysis

NEW!

Take the first step toward improving your health by learning about your body's muscle, fat, and water composition. Schedule your **appointment today** and discover your lean mass and muscle mass compared to body fat for a better understanding of your overall health.



How It Works:

Mediana i25 Body Composition Scale:

Measures essential metrics like body fat, muscle mass, skeletal muscle, hydration levels, and more.

Bioelectrical Impedance Analysis (BIA):

Utilizes multi-frequency technology to provide an accurate estimate of body composition, including muscle mass and body fat %

Body Type Analysis:

Compares your results against standard values to offer a clearer perspective on your body composition.

Printouts:

Receive detailed reports of your analysis to track your progress over time.

Accuracy:

The Mediana i25 offers 98.4% accuracy when compared to DEXA, making it a reliable tool for precise body composition analysis.

For the most accurate results, please:

- Come on an empty stomach
- Test Before Exercise
- Wear Light Clothing
- Arrive Hydrated

Click [here](#) to schedule your appointment!
Participants will earn 500 points!

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.**](#)

Referral Program

Refer a friend to participate in wellness and earn rewards!

Referral Process:

Step 1: A current participant provides the survey monkey link to a potential new participant.

Step 2: The new participant signs up for the wellness program and enters their name and the referrers name into survey monkey.

Step 3: Both the referrer and referee receive 1000 points at the end of the month.

[**Click here to access the referral link.**](#)