



HAPPY
summer
DAZE



Reward & Points Structure

Standard Reward Structure

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



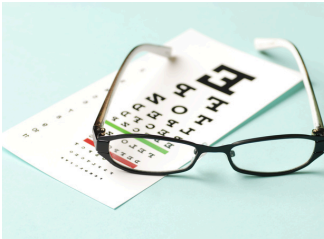
Dental Exam / Cleaning - 1000 Points

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

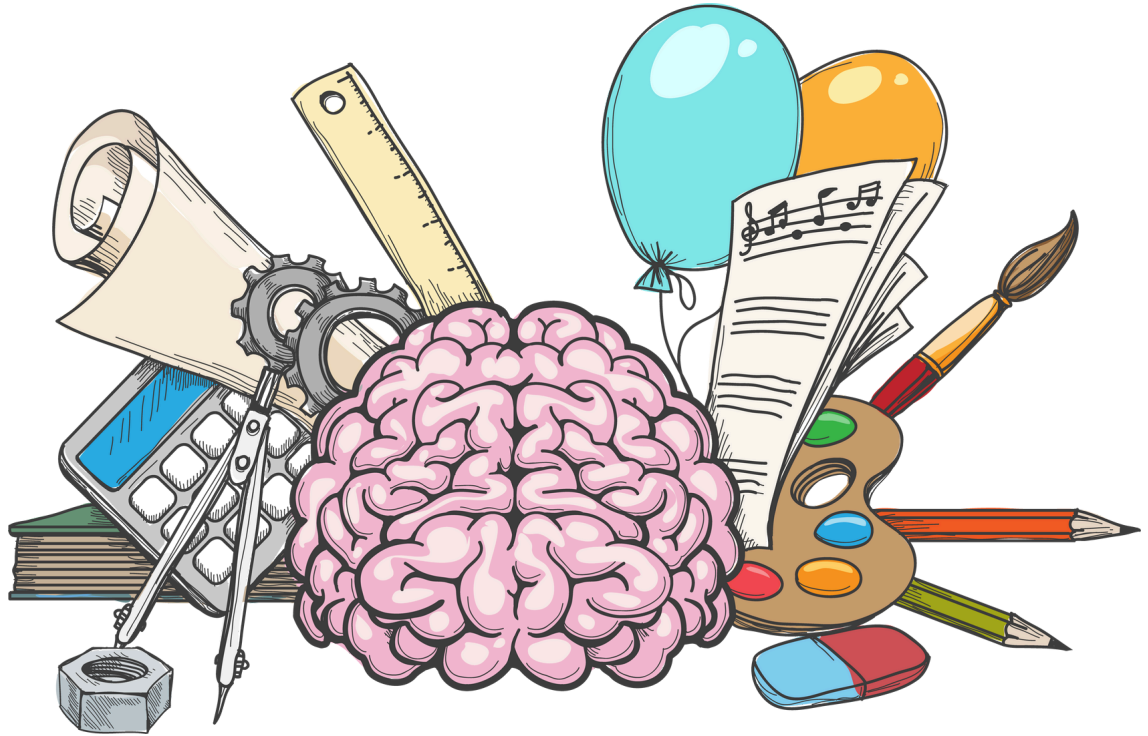
Click [here](#) to complete the pre-diabetes risk assessment, then fill out the [attestation form](#) and email to WellTogether@augustahealth.com. Individuals with a previous diagnosis of pre-diabetes or diabetes may submit their most recent A1C (taken within the last 12 months). *Limit one per calendar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

July 2025 Creativity Month



Summer sunlight can enhance our concentration and focus, making it easier to engage in creative activities. Creativity plays a vital role in living a lifestyle of wellness. It involves using your brain to do, think of, or imagine something new even if it's just a new way of doing something, or something that's new only to you. Being creative is good for your health. It can improve sleep, boost happiness, reduce feelings of sadness or loneliness, and increase morale and self-confidence.

Best of all, creativity can happen almost anywhere and take many forms: learning a new language, coloring or doodling, solving a problem, writing poetry, singing, cooking, drawing, or simply coming up with a new idea.

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 August 4th.

July Special Activities

Summer sunlight can help improve our concentration and focus, making it easier to engage in creative acts. Creativity is any activity where you use your brain to do, think of, or imagine something new, even if it is just a new way of doing something or is new to just you. Creativity is an essential part of wellness; it improves your overall health and sleep, makes you feel happier, decreases sadness or loneliness, boosts your morale, and self-confidence.

Nature Hike Photo Stavanger Hunt - 500 Points

Take part in our fun and engaging [Nature Hike Photo Scavenger Hunt](#)! This activity is a great way to enhance mindfulness and observation skills while enjoying the beauty of nature. It promotes both physical and mental well-being and encourages creativity. Create a [photo collage](#) from your scavenger hunt finds—let it spark your imagination and inspire innovative thinking. When you're done, email your collage to welltogether@augustahealth.com. Let nature fuel your creativity and well-being!

Coloring Pages - 500 Points

Coloring isn't just for kids, it's a creative outlet that allows adults to relax, express themselves, and even rediscover a sense of playfulness. It's also a powerful therapeutic tool that can help reduce stress and anxiety, improve focus and concentration, and spark creativity. Many find coloring to be a meditative practice, bringing a sense of relaxation and mindfulness. But that's not all, coloring can enhance motor skills, support emotional processing, and even promote better sleep. [Choose one of our coloring options](#) or pick your own design. When you've finished your masterpiece, scan and email it to welltogether@augustahealth.com. Relax, recharge, and let your creativity flow!

Creativity Webinar - 500 Points

Join the webinar July 8, 9, and 10, to investigate how cultivating creativity through artistic expression can reduce stress, boost mood, and improve problem-solving skills, fostering a more balanced and mindful approach to life. Click [here to learn more](#) or [register here](#)!

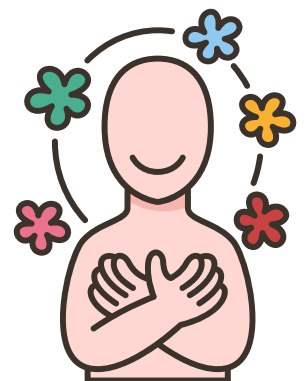
Mindful Moments-Self Care Series- 500 Points

Cultivate mindfulness by connecting with natural elements in this guided session designed to bring peace and presence. Take a moment to join us July 22, 23, and 24. Click [here to learn more](#) or [register here](#)!

Learn About Creativity- 100 points Each = 500 Points

Get ready to ignite your imagination! Creative thinking is a powerful form of self-improvement, self-care, and self-discovery. Discover out-of-the-box solutions, overcome challenges, and increase mental and emotional well-being with creative thinking—Everyone is creative in their own unique ways! To experience personal growth through creativity, watch the videos, reflect and complete the exercises.

[Creativity Exercise: Ignite Inspiration](#)
[Creativity Exercise: Train The Brain](#)
[Creativity Exercise: Cultivate Creative Conditions](#)
[Creativity Exercise: Embrace Imperfection](#)
[Creativity Exercise: Discover Design Thinking](#)



AUGUSTA WELL TOGETHER

REFERRAL PROGRAMS

Sign up for any of our 12-week programs to earn a \$100 quarterly incentive in a different way!*



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.*

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

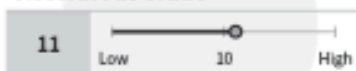
Click [here](#) to schedule your appointment!
Participants will earn 500 points!

NEW!

Weight Control

BMI (kg/m ²)	22.9 (18.5 - 25.0)
Obesity Degree (%)	103.9
Desirable Weight (kg)	68.5
Weight Control (kg)	-1.5
Body Fat Control (kg)	-1.5
Muscle Control (kg)	0.0

Visceral Fat Grade



Abdominal Fat Ratio



Mediana Score

98

Segmental Mass (kg)

LA	RA	TR	LL	RL
3.6	3.6	34.0	11.2	11.3

Intake & Consumed Calories

BMR (kcal)	1623
Total Energy Expenditure (kcal)	2434
Calorie Consumption (kcal/hour)	490
Expected Fat Burning (kg)	-1.1

*Based on Jogging (1 hour/day, 4 weeks)

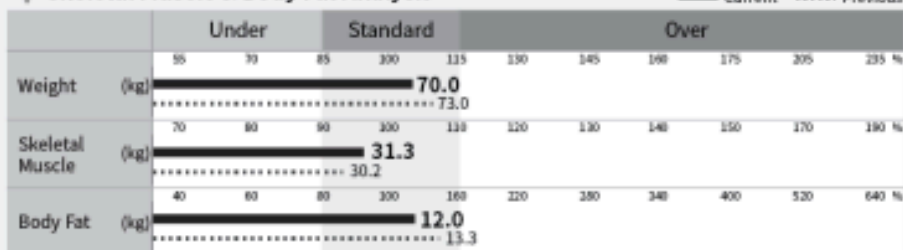
Calorie Consumption

	kcal / 30min	*By Current Weight
Gateball	116	Swimming 245
Walking	123	Aerobics 256
Yoga	140	Tennis 256
Table tennis	140	Bicycle 263
Golf	168	Football 280
Badminton	193	Climb 280
Basketball	228	Rope Jumping 308
Jogging	245	Boxing 361

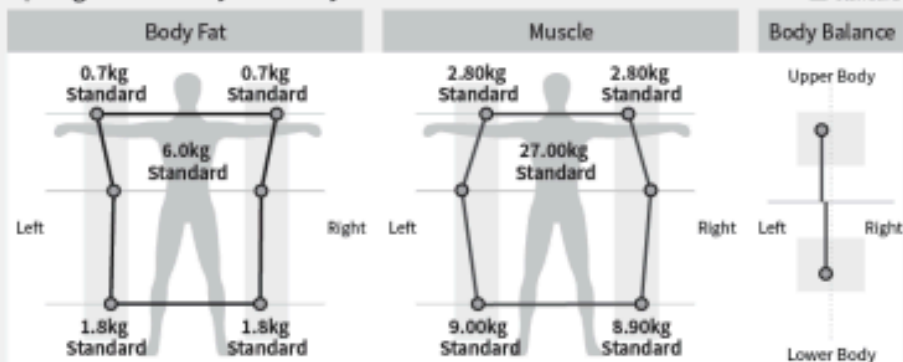
Body Composition Analysis

	Total Body Water (L)	Protein (kg)	Mineral (kg)	Body Fat (kg)
Values (Standard)	45.7 (35.3 - 47.6)	9.5 (9.5 - 12.9)	2.80 (3.37 - 4.56)	12.0 (6.7 - 13.5)
Total Body Water (L)	45.7 (35.3 - 47.6)	55.8 (50.9 - 57.3)		
Muscle Mass (kg)	Skeletal Muscle: 31.3 (29.1 - 35.6)			
Fat Free Mass (kg)	58.0 (53.9 - 60.6)			
Weight (kg)	70.0 (56.7 - 76.6)			

Skeletal Muscle & Body Fat Analysis



Segmental Analysis & Body Balance



Body Type Analysis



Body Composition History

	18.07.01	18.08.01	18.09.01	18.10.01	18.11.01	18.12.01	19.01.01	19.02.01
Weight (kg)	68.2	68.3	68.1	68.0	74.0	69.7	73.0	70.0
Skeletal Muscle (kg)	28.7	29.2	29.3	29.4	30.6	29.7	31.0	31.3
Body Fat Percentage (%)	22.0	19.5	19.3	18.5	19.1	18.9	19.0	17.1

THE RESULTS ARE IN!

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.



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.](#)



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.](#)