

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.

**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.*



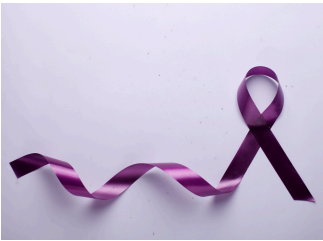
Annual Physical - 1000 Points

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



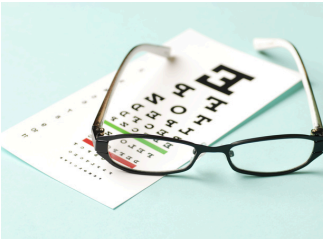
Dental Exam / Cleaning - 1000 Points

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.*

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](#)

