

# 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 <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>	

Daily Challenges	
<b>Daily Challenges</b> (log under Daily Challenges button on dashboard)	10 Points Each <i>max of 50 per day</i>
<b>Once-Per-Day Special Activities</b> (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](mailto:WellTogether@augustahealth.com). Limited to once per year.



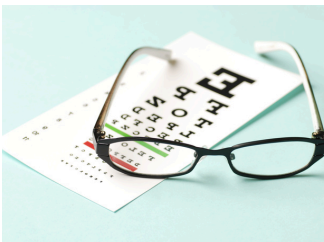
## Dental Exam / Cleaning - 1000 Points

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.*

# August 2025 Happiness Month



**Happiness is good. It provides us with a sense of optimism, a “good outlook” attitude, and a positivity that can be contagious. Happiness significantly enhances overall well-being by positively influencing both physical and mental health, strengthening relationships, and improving many aspects of daily life. It’s no secret that being happy feels good, but it goes deeper than that. Happiness can be found in three keyways: by doing good for others, by doing things you’re good at, and by doing things that are good for you. Studies have consistently shown that happier individuals tend to lead healthier lives and even live longer. Happiness isn’t just a pleasant emotion, it’s a powerful contributor to a thriving, fulfilling life.**

## **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 Special Activities

---

**Happiness is good. It provides us with a sense of optimism, a “good outlook” attitude, and a positivity that can be contagious. Happiness significantly enhances overall well-being by positively influencing both physical and mental health, strengthening relationships, and improving many aspects of daily life.**

## Self-Care Happiness Activity - 500 Points

Self-care isn't just about indulgence or relaxation (though those can be part of it); it's a proactive commitment to one's physical, mental, emotional, and even spiritual health. When we take time to care for ourselves, we're better equipped to handle life's challenges, maintain resilience, and connect meaningfully with others. Here's more ways self-care contributes to happiness, reduces stress and prevents burnout, boosts physical health, improves emotional regulation, fosters self-compassion, and encourages presence and joy. Take just one hour to care for you — whether that's through a walk, meditation, reading, or something creative.

Then, let us know how it went . [Click here](#) to earn points for your wellness journey!

## Create Bucket List Activity - 500 Points

Bucket lists are designed to capture all your dreams, desires, and ideas, helping you live life to the absolute fullest! Dream big, but also think small and practical. Visualize yourself accomplishing each item and focus your energy on turning those dreams into reality. Write down a few things you can start doing today that will bring you closer to your goals and make you happier and healthier along the way. It's time to decide how you want to spend the rest of your life. [Share YOUR story](#) with us at [welltogether@augustahealth.com](mailto:welltogether@augustahealth.com)!

## Happiness Webinar- 500 Points

Join us on August 12, 13, 14. This happiness webinar speaks to concepts from the field of positive psychology and discusses strategies for fostering deeper and longer-lasting happiness in everyday life. Click here to learn more or [register here](#)!

## Deep Recovery Stretch - Self-Care Series- 500 Points

Discover the power of gentle stretching and restorative poses aimed at releasing muscle tension and enhancing flexibility. Recover and restore with us on August 19, 20, and 21. Click here to learn more or [register here](#)!

## Happy Habit Exercise - 500 Points

Happiness is more than just feeling good...it is a habit you can choose to learn and a way of looking at the world you can practice day-to-day! Watch this [Ted Talk Video](#) then, read and complete one of the Happy Habits below, send a photo of the video completion and tell us which Happy Habit you completed, what you did and how it made you feel happy to [Welltogether@augustahealth.com](mailto:Welltogether@augustahealth.com) to receive 500 points.

[Happy Habit: Nurture Relationships](#)

[Happy Habit: Engage In Acts Of Kindness](#)

[Happy Habit: Apply Strengths And Virtues](#)

[Happy Habit: Cultivate A Positive Mindset](#)

