



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.

*\*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.*

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## 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.



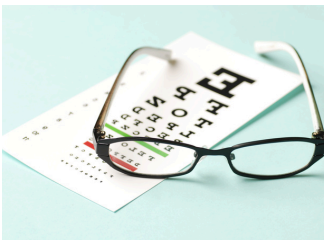
## Dental Exam / Cleaning - 1000 Points

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

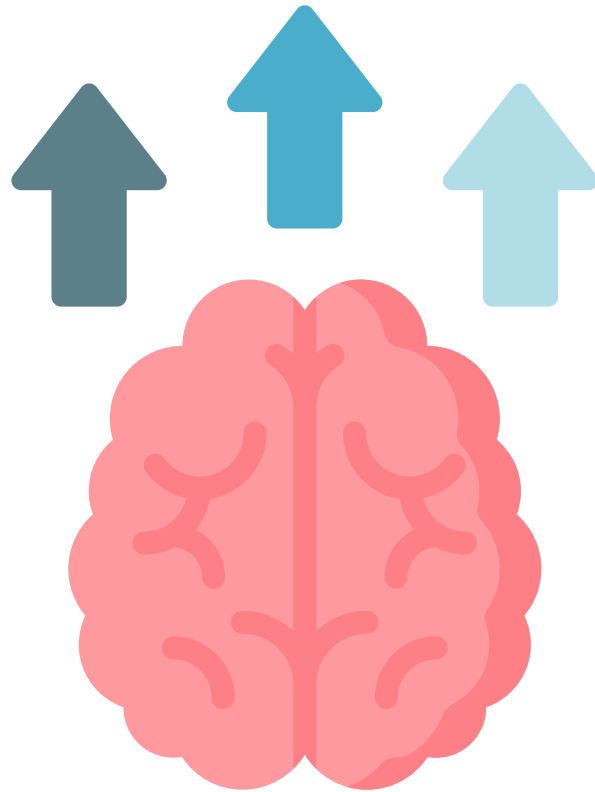
Click [here](#) to complete the pre-diabetes risk assessment, then fill out the [attestation form](#) and email to [WellTogether@augustahealth.com](mailto:WellTogether@augustahealth.com). Individuals with a previous diagnosis of pre-diabetes or diabetes may submit their most recent A1C (taken within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

# September 2025 Brain Boost Month



Sunlight is often associated with enhanced brain power and improved well-being. Exposure to sunlight triggers the release of serotonin, the “happy hormone,” which boosts mood and promotes feelings of positivity. The longer daylight hours during summer also contribute to clearer thinking, improved mental clarity, and a greater sense of emotional balance, all of which can enhance cognitive performance. Our brain functions in many ways to support how we think, feel, and move throughout the day. Just like a muscle, the brain needs to be trained, strengthened, and supported.

## 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 October 1!**

# September Special Activities

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## Summer Word Search- 500 Points

Your Brain Loves a Challenge!

Word games like word searches are a fun and engaging way to stimulate your brain. They help improve cognitive function, boost memory and attention span, and promote language skills and vocabulary development. Thanks to your brain's amazing ability to adapt and form new connections, called neuroplasticity, learning something new creates fresh pathways. This strengthens your memory, focus, and problem-solving skills. So, give your brain [a workout today](#) and watch it grow stronger!

## Boost Your Brain - Read a Book - 500 Points

We all know reading is good for us, it improves brain and memory function and helps keep your mind sharp as you age. Reading activates your entire brain and positively impacts key cognitive functions such as memory, attention, and critical thinking skills. Studies show that regular reading strengthens neural pathways, boosts brain activity, and may even help delay age-related cognitive decline. Beyond cognition, reading enhances connectivity in the brain, reduces stress, promotes relaxation, and improves sleep quality. Pick up a book today, read and [report a short summary](#), and give your brain a boost!

## Brain Boost Webinar - 500 Points

Join us on September 9, 10, and 11 for techniques that cover retraining the brain to cultivate a positive, growth-oriented mindset and promote intellectual wellness. Click here to [learn more](#) or [register here](#)!

## Sleep Smart Trivia-Self-Care Series - 500 Points

Discover new insights in this fun, interactive trivia session focused on sleep. Join the fun on September 16, 17, and 18. Click here to [learn more](#) or [register here](#)!

## Brain Boosting Activity - Prioritize Sleep - 500 Points

Your mind is a powerful tool, and keeping the brain active allows you to think clearly, critically, and confidently! Getting enough high-quality sleep is a great way to support cognitive health. While you are asleep, the brain is hard at work sorting memories, processing information, and restoring energy for the day ahead. With a few simple, intentional habits and a comforting environment, you can set yourself up for clearer thinking and better focus.

[Sleep Exercise: Prioritize Sleep](#)

[Sleep Exercise: Create A Bedtime Routine](#)

[Sleep Exercise: Sidestep Sleep Deprivation](#)

[Sleep Exercise: Unwind Your Mind](#)

[Sleep Exercise: Optimize Your Bedroom](#)

[Sleep Exercise: Snack Smart](#)



# 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](mailto: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!**

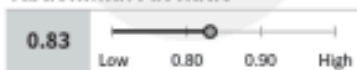
### Weight Control

BMI (kg/m <sup>2</sup> )	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

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)

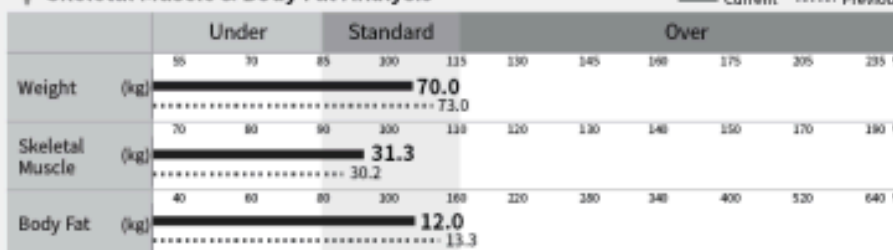
### Calorie Consumption

	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

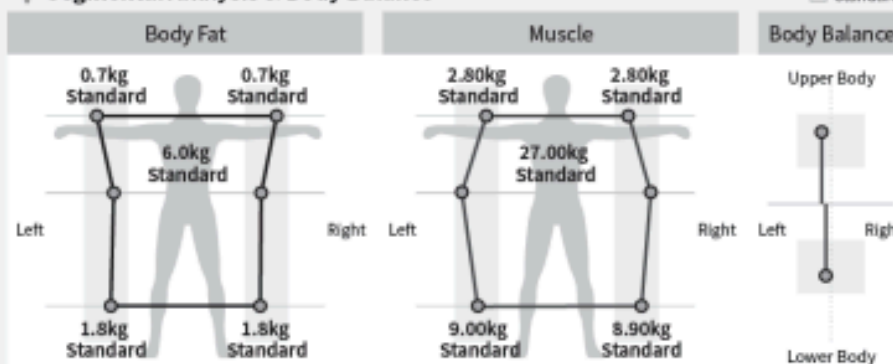
### Body Composition Analysis

	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



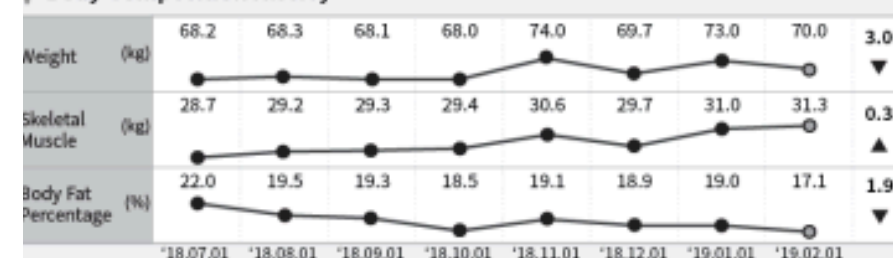
### Segmental Analysis & Body Balance



### Body Type Analysis



### Body Composition History



**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.



## 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.](#)**