

JINGLE & MINGLE

TEAM CHALLENGE

Augusta
Health™



Challenge Overview

As fall approaches and the days grow shorter, many of us will find ourselves spending more time indoors and at our desks. Meetings and events shift back inside, and with that, it becomes all too easy to lose track of time—often at the expense of our health and well-being.

This quarter, we're launching a team-based challenge designed to help us stay grounded and focused on what matters most during the busy holiday season:

- Creating ergonomic workspaces that support comfort and posture during longer desk hours.
- Prioritizing work-life balance so we can show up as the best versions of ourselves, both personally and professionally.
- Taking small, meaningful steps to support immune health and avoid burnout during the winter months.

Let's support one another and make intentional choices that help us thrive—both at work and at home—as we close out the year with wellness leading the way!

There are two ways to win this quarter:

Standard Reward Structure

In the Wellable app, incentive points are earned for activities and healthy behaviors completed. Points earned by December 30th at 12pm will determine the tier and payout on your January 15th paycheck. **You do not need to register with a teammate to earn your incentive reward.**

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

To be eligible for a grand prize, you will need to form a 4-8 person team. **Teams are ranked by the average number of Wellable Points for all members of that team.**

The team who averages the most Wellable Points at the end of the challenge will win a cash prize of \$1000 to be split equally! An additional team-based raffle for the top 10 teams will be held for another \$500 cash prize! **If you do not register and participate with a teammate, you will not be eligible for the additional cash prize**

Top Team - \$1000 cash prize

Top 10 Teams Raffle - \$500 cash prize

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

Points Structure

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

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, one visit per quarter. Cannot submit twice in the same quarter.



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.*

November 2025

Work-Life Harmony



As the weather gets cooler and the days get shorter, many of us are spending more time indoors—at our desks, in meetings, and working toward our end-of-year goals. With everything going on, it's easy to forget to take care of ourselves.

That's why work-life balance is so essential—it helps you recharge, reduce stress, and stay connected to the people and activities that bring you joy. When you make time for rest, movement, and personal priorities outside of work, you strengthen your resilience, improve your mood, and protect your long-term health.

November Special Activities

Setting Boundaries Activity - 500 Points

Boundaries aren't selfish—they're essential for protecting your energy and wellbeing. They prevent burnout, boost focus, strengthen relationships, and support overall health. **Remember: you can't pour from an empty cup.**

Complete this [worksheet](#) by listing three draining areas in your life and the self-care boundaries you can set. Email it to welltogether@augustahealth.com to earn wellness points.

Team Connect Activity - 500 Points

Did you know that connecting outside of work strengthens relationships, reduces stress, and supports a healthy work-life balance?

Spend at least 30 minutes doing something fun with your team outside of work—have lunch, take a walk, do a 5K, or enjoy a paint night. Take a photo and email it with a brief description to welltogether@augustahealth.com to earn your points!

Don't have a team? Find a coworker to complete this activity with!

Work-Life Harmony Webinar - 500 Points

This webinar brings balance and time management into focus for a more productive, less stressed, and more fulfilling life. Registration link [here](#)

Reflective Journaling Class - 500 Points

This interactive class guides participants through writing exercises that promote relaxation and help achieve a meditative state, leading to deeper self-discovery. Registration link [here](#)

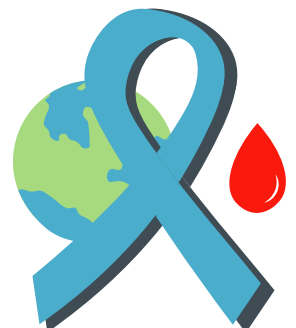
Work-Life Harmony Exercises - 500 Points

Reconnect, recharge, and rebalance by completing five Work-Life Harmony Exercises designed to strengthen your well-being and bring more balance to your day. You'll earn 20 Wellable Points for each exercise you complete!

- [Harness Harmony](#)
- [Find Flexibility](#)
- [Activate Alignment](#)
- [Protect Peace](#)
- [Support Self-Care](#)

Then, take your practice a step further with our final exercise: [Make Values Visible](#). Share what matters most to you with others and actively listen in return to deepen understanding and support. Complete this exercise and this [short survey](#) to earn an additional 400 Wellable Points!

November 14
World Diabetes Day



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.



BUILD. BURN. WIN. CONTEST

Form a team of 2-4 team members & finish the year strong! Learn more here.

Most Body Fat Lost - \$500
Most Muscle Gained - \$500
Individual Bonus - Improve by 3-5% to earn a \$100 wellness incentive

**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

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:

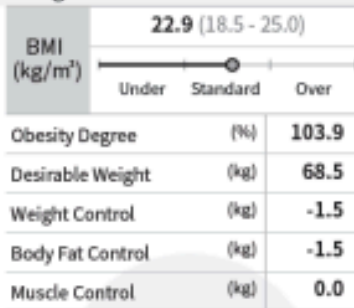
The Mediana i25 offers 98.4% accuracy when compared to DEXA, making it a reliable tool for precise body composition analysis.

For the most accurate results, please:

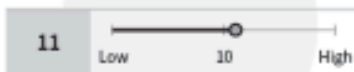
- Come on an empty stomach
- Test Before Exercise
- Wear Light Clothing
- Arrive Hydrated

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

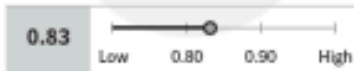
Weight Control



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)

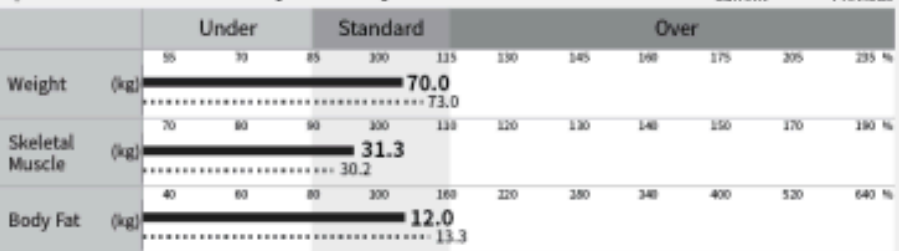
Calorie Consumption

	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

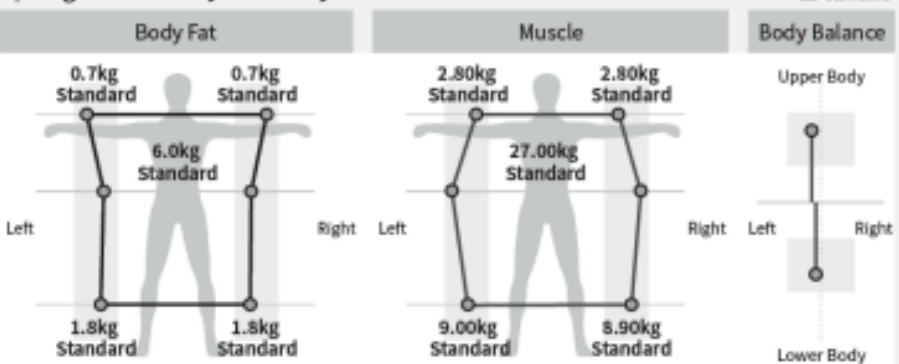
Body Composition Analysis

	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	3.0 ▼
Skeletal Muscle (kg)	28.7	29.2	29.3	29.4	30.6	29.7	31.0	31.3	0.3 ▲
Body Fat Percentage (%)	22.0	19.5	19.3	18.5	19.1	18.9	19.0	17.1	1.9 ▼

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.](#)