



# WALK

AROUND

THE WORLD

 **Augusta**  
Health™

Well Together

# Challenge Overview

This summer, our team took a huge step toward better health — together we walked an incredible 315,780 miles!

This quarter, we’re raising the bar with our new Walk Around the World Challenge. Our goal is to collectively walk 350,000 miles — that’s roughly 14 trips around the Earth’s equator!

To help reach that goal, each participant should aim to walk about 269 miles this quarter (around 3 miles per day).

Challenge runs January 1 – March 31 at 12pm.

**Incentives:**

- Participants who meet the individual goal of 269 miles (350,000 miles total as a team) will earn **2,000 Bonus Wellness Points** to kick off the second quarter of 2026.
- Participants who reach half the goal (about 135 miles) will earn **1,000 Wellness Points** in Q2.

**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 March 31 at 12pm will determine the tier and payout on your April 23rd 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**

- First Place** - \$500 cash prize
- Top 5 Raffle** - \$250 cash prize
- Top 10 Raffle** - \$250 cash prize
- Top 25 Raffle** - \$250 cash prize
- Top 50 Raffle** - \$250 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

**UPDATED**

## Physical Activity Points

Steps	.01 Per Step
Walk / Run	30 Points Per Mile
Other Exercise	2 Points Per Minute
Outdoor Cycling	10 Points Per Mile
<b>No Maximum for This Category</b>	

## Monthly Webinars - 300 Points

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 - 300 Points

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
<b>75 Points Max Per Day</b>	

## Nutrition Tracking Through Paid Programs

WW, Noom, etc.	1,120 Per Month
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Please email your invoice/proof of payment to [welltogether@augustahealth.com](mailto: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.** Points will be issued at the end of each month.

## Daily Challenges

<b>Daily Challenges</b> (log under Daily Challenges button on dashboard)	5 Points Each <i>max of 25 per day</i>
<b>Once-Per-Day Special Activities</b> (log under Special Activities icon on dashboard)	5 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 2026. 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.



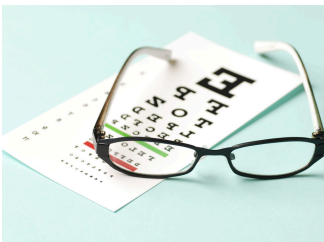
## Dental Exam / Cleaning - 1000 Points

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, 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](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.*



## Added Sugar Awareness - 500 Points

Do you know how much added sugar sneaks into your daily meals and snacks? Let's find out! Track your added sugar intake each day for 30 days using [this simple log](#).

- Learn along the way — added sugars are those that are added during processing or preparation, not the natural sugars found in fruit or milk.
- Look for words like sucrose, corn syrup, honey, agave, molasses, brown sugar, or cane sugar on ingredient lists.
- Check the "Added Sugars" line on the Nutrition Facts label to see how many grams are included.

Submit your completed 30-day log to [WellTogether@AugustaHealth.com](mailto:WellTogether@AugustaHealth.com) by March 31 at 12pm to earn Wellness Points!

## 2026 Wellness Survey - 500 Points

We want to hear from you and understand how we can better support your wellness journey! We invite you to participate in our wellness survey, which has been designed to gather valuable insights about your experiences and preferences.

By taking a few moments to complete this survey, you will not only have the opportunity to share your thoughts and feedback but also earn 500 points as a token of our appreciation for your time and effort.

Rest assured, all of your responses are anonymous. Please click the link below to start the survey:

[\*\*Take the Survey Here!\*\*](#)

## The Well Way - 150 Points Per Class

**NEW!**

In 2026, we're offering a variety of [\*\*wellness activities\*\*](#) throughout the year — [free](#) and open to all team members! You don't need to use the app or join a specific program to participate. These activities are simply an additional resource to support your mental & physical well-being.

Our first quarter focus is on yoga and mindfulness, wrapping up with a fun, in-person Yoga Session at Seven Arrows Brewery on March 28th. Check out the [\*\*first quarter wellness calendar\*\*](#) and join us for activities that help you relax, recharge, and reconnect.

# February Special Activities

**Activities valid until February 28**

## Spin & Savor Activity - 500 Points

Each week, **spin the wheel** to get a random fruit or vegetable. Your challenge is to incorporate that item into your weekly meal plan — whether it's a smoothie, salad, side dish, or creative entrée!

After you've used your fruit or veggie, share how you included it in your meals. Then, respin the wheel the following week for a new pick and keep tracking your progress. Submit your completed **tracking form** by February 27<sup>th</sup> to earn 500 wellness points!

Let's see how many new flavors and healthy habits we can discover together!

## Smart Nutrition For A Busy Lifestyle - 300 Points

This webinar makes healthy eating simple by sharing guidelines for what, when, and how to eat; meal and snack ideas; and tips for being flexible with nutrition to stay full and fueled...all day long.

Join us for the live session on February 3<sup>rd</sup> at 10am, 12pm or 3pm. Unable to attend during that time? A recording will be emailed after the last live session. **Register here.**

## Workout Wednesdays - Sculpt & Strengthen\*

This energizing class combines functional movements and bodyweight exercises to build strength, tone muscles, and enhance endurance, leaving the body feeling strong and powerful.

Join us for the live sessions on February 4, February 11, and February 18. Unable to attend during that time? A recording will be emailed after the last live session date. **Register here.**

## Thrive Thursdays - Best Self Visualization\*

This guided mindfulness session uses reflective prompts and imagery to help you gain clarity, connect with your best self, and align daily actions with long-term goals

Join us for the live sessions on February 5, February 12, and February 19. Unable to attend during that time? A recording will be emailed after the last live session date. **Register here.**

*\*Good news! You may complete these activities weekly if you choose. Points are awarded each time you participate using the physical activity icon. Instructors will share the specific instructions at the end of each session. Please note: Sessions are not recorded. After each live session, the registration link in your account will direct you to relevant on-demand classes.*

# More February Special Activities

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## Intuitive Eating Videos - 50 Points Per Video; 300 Total

View each of the Intuitive Eating Videos below to learn six principles that will help you practice eating intuitively. You will earn 50 Wellable Points for each video you watch!

Nutrition Exercise: Become An Intuitive Eater

Nutrition Exercise: Honor Your Hunger

Nutrition Exercise: Make Peace With Food

Nutrition Exercise: Discover The Satisfaction Factor

Nutrition Exercise: Respect Your Body

Nutrition Exercise: Practice Gentle Nutrition




## Heart Health Fair

Join us at the Heart Health Fair on February 26 from 7am - 11am in the Fitness Center Cafe!

Free Health Education and Screenings. Earn 500 points for attending, plus 500 additional points for completing the screenings\*!

*\*To receive your reward code for the screening tests, simply submit your confidential results to [welltogether@augustahealth.com](mailto:welltogether@augustahealth.com). You do not need to complete a carotid artery screening to receive points. If you are interested in receiving a carotid artery screening, please be sure to call 540-245-7910 to schedule your spot.*





# Other Opportunities to Earn Points



## Leading Through Wellness

Creating a healthy work environment is a responsibility that starts with our leaders.

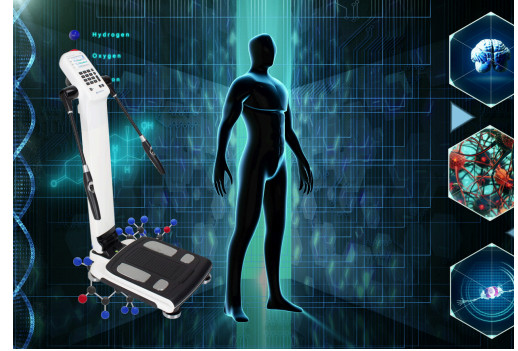
Do you have an example of how an Augusta Health leader has led through wellness? We want to hear about it [here](#) for 50 points!



## 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.



## 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 for a better understanding of your overall health.

[Learn more here!](#)



## 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.](#)



## Earn Points with Our Referral Program

Refer a friend to participate in wellness and earn rewards!

- Share the SurveyMonkey link with a friend.
- They sign up and list both of your names.
- You both earn 1,000 points at the end of the month

[Click here to access the referral link.](#)

# OTHER PROGRAMS

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Earn \$100\*



## 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!

Earn \$100\*



## 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.

*\*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).*

# HEALTHY AGING

## MENOPAUSE SUPPORT GROUP

Join us each month for open, supportive conversations about holistic well-being and self-care through all stages of menopause.

**Every woman's journey is unique, but none of us have to walk it alone.**



**3<sup>rd</sup> Wednesday of Every Month**

12:00-1:00pm | **[Virtual link here](#)**

Share Experiences

Embrace Challenges

Celebrate Success

Support Each Other

**For more information:** [welltogether@augustahealth.com](mailto:welltogether@augustahealth.com)