



WALK

AROUND

WALK

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
No Maximum for This Category	

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.

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. Points will be issued at the end of each month.	

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



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.*

Special Activities

Activities are valid all quarter

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 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

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.

NEW!

March Special Activities

Activities valid until March 31 at 12pm

Catch Some Better ZZZ's - 500 Points

This March, we're focusing on a different healthy sleep habit each week. Your goal? **Check the box** for each habit you complete. The more boxes you fill, the better your sleep will get — so do your best to check them all each day!

When the month wraps up, email your completed sheet to welltogether@augustahealth.com and earn 500 wellness points for your effort.

Bedtime Blueprint - 300 Points

This webinar explores science-backed strategies for improving sleep quality and creating a restorative nighttime routine. Learn practical tips to unwind, optimize rest, and wake up feeling refreshed and energized.

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

Pathways to Prevention - 500 Points

This webinar explores evidence-based approaches to preventative health, emphasizing the importance of screenings, risk assessments, and early detection. Learn how proactive, clinically guided care can reduce disease risk, support long-term wellness, and empower you to take charge of your health.

Join us for the live session on March 17th 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 - Cardio Dance

This upbeat class blends dance-inspired movement with cardio training to boost mood, increase stamina, and make fitness fun.

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

Good news! You may complete this activity 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 March Activities

Activities valid until March 31 at 12pm

Thrive Thursdays - Mindful Moments

This interactive class cultivates mindfulness by connecting with the five ancient elements designed to bring peace, presence, and a sense of tranquility inspired by nature

Join us for the live sessions on March 5, March 12, and March 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 this activity 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.

Rest & Sleep Meditation - 200 Points

Need a little help drifting off to sleep? Earn an additional 200 Wellable Points by trying a **Rest & Sleep Meditation!** Designed to enhance your rest so you can sleep deeper and more soundly, this meditation will help you unwind in no time.

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!



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!

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.](#)



Diabetes Support Group

Join a Diabetes Support Group with Diabetes & Nutrition Education and earn 500 wellness points per class/quarter.

[Learn more.](#)

Open to anyone with A1c over 7, prediabetes, Type 1, Type 1.5 (LADA), or Type 2 diabetes, or a family history of diabetes.

Other Programs

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.*

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.



3rd Wednesday of Every Month

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

Share Experiences

Embrace Challenges

Celebrate Success

Support Each Other