

Better Together



Team-Based Wellness Challenge

Challenge Overview

Get ready for a fun teams of two challenge focused on connection, positivity, and gratitude! Through simple activities and intentional practices, you'll strengthen relationships, build emotional intelligence, and create habits that support a happier, healthier workplace and personal life.

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 September 30 at 12pm will determine the tier and payout on your October 22 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

Top **THREE** teams win a **\$500** cash prize to be split equally!



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

Team Registration

In order to register a team, you must have a team name and the Wellable Username (email address associated with your Wellable app) of each team member. Teams cannot have more than two members. To register your team and compete for the \$500 cash prizes, please follow the instructions below.



Find a friend to be your accountability partner!



Determine a team name. Humor and creativity is encouraged but please make it work appropriate!



Have one person register your team using [this link](#) - signing into your account may be required. Registration will require each teammate's Wellable Username (email address).

Registration will take place July 1 – 12 at 11:59pm. Your team must be registered by the morning of July 13th to participate in the team portion of the challenge. (Please note – You will still accumulate points during the registration period)

- *Teams are ranked by the average number of Wellable Points for all members of that team. This means that teammates with zero Wellable Points during a challenge will lower the score of the entire team.*
- *Email welltogether@augustahealth.com by June 8th for help finding an accountability partner.*
- *Adding and/or removing members of your team will not be allowed after the registration period is over unless a team member joins or leaves the organization.*
- *Leaderboard defaults to team rankings, but individual and team views are available in the options menu.*



Points Structure

Physical Activity Points

Steps	.03 Per Step
Walk / Run	40 Points Per Mile
Other Exercise	3 Points Per Minute
Outdoor Cycling	15 Points Per Mile
350 Points Maximum Daily*	

Monthly Webinars - 500 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. <u>Points will be issued at the end of each month.</u>	

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

A Note From the Wellness Team:

To encourage honesty and fairness, the maximum daily points for physical activity will be capped at 350 points per day. This was the original structure of the program before changes were made at the beginning of 2026, and it still reflects a very high level of activity. As always, please continue to use your Augusta Health values as a guide when manually logging activity.

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.



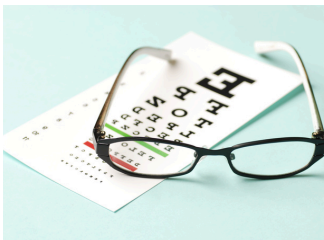
Dental Exam / Cleaning - 1000 Points

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



Volunteer Together, Earn Together – 500 Points

Make an impact as a team this quarter and boost your rewards. Volunteer with an Augusta Health initiative like Food Pantry or Crops to Community...or choose an organization that matters to you.

Team volunteer efforts earn your regular volunteer points (if through Augusta Health) plus an extra 500 bonus points. Just send in a photo of your team in action to claim your reward!

Check out our Volunteer Schedule here or choose an organization of your own!

Get Active (and Creative) as a Team – 500 Points

Step outside the routine and connect with your team through shared experiences. Plan a hike, bike ride, kayak trip...or try something creative like painting or another hands-on activity. (We're keeping it active or creative...skip the dinner plans for this one!)

Not on a team? You can still join in...complete the activity with a friend or family member and submit a photo to welltogether@augustahealth.com earn your points.

Try Something New – 500 Points

Been wanting to pick up a new hobby? Now's your chance. Whether it's creative, active, or just outside your usual routine, give it a try and share your experience.

Submit a photo to welltogether@augustahealth.com and earn 500 points for stepping out of your comfort zone.

July Special Activities

Activities are valid until July 31st



Build Stronger Teams: Boot Camp Event – 1000 Points

Jump into connection and camaraderie with our monthly team-building events! Join us for Boot Camp on July 11th from 9-10am to earn 1000 points. Please plan to meet behind the Fitness Center on the soccer fields. Please feel free to bring your friends, partners, and children!

Not local? No problem! Offsite teams can invite Wellness to lead a 30-minute team-building session. You choose the activity, or we'll bring one to you! Email us to brainstorm ideas for your teambuilding activity or schedule a date!

Team Reel Challenge – 500 Points

Lights, camera...teamwork! Gather your crew and create a short, fun video that shows off your team's personality. Whether it's a choreographed dance, a trending TikTok challenge, or something completely original, this is your chance to get creative and have some laughs together.

Keep it short (30–90 seconds) and keep it fun! Post on our [**Facebook page**](#) or submit privately via text with your name to 540-480-4975.

No team? No problem—partner up with coworkers or jump in with friends or family!

Team Member Picnic at Grand Caverns – 1000 Points

Join us on July 25 from 11-5pm for a fun day of food trucks, caricature artists, games, cavern tours, and more! It's the perfect chance to bond with your team and create lasting memories. Earn 1000 wellness points for attending!

Look for the code posted around the event to earn your points.

Talk Tuesday: Giving for Good Webinar

This webinar explores easy and unique ways to make a difference by giving back and shares strategies to create more positive experiences for both the giver and the receiver.

Join us live on July 7 at 10am, 12pm or 3pm - [**register here!**](#) *If you are unable to attend on that date, please open your app and click on "events", choose the webinar and click "watch" to view the recording.*

More July Special Activities

Activities are valid until July 31st



Social Wellness Exercises - 100 points per video / 600 for all

Healthy relationships are essential for well-being...just like exercise and healthy eating. Strong connections with family, friends, partners, coworkers, and community members can improve both happiness and health.

Relationship skills can be learned and strengthened. Practice these six Social Wellness Exercises, and earn 100 Wellable Points for each exercise completed in July.

Social Wellness Exercise: Discover Your Social Blueprint

Social Wellness Exercise: Take A Self-Compassion Break

Social Wellness Exercise: Recognize Healthy Relationships

Social Wellness Exercise: Build Trust Gradually

Social Wellness Exercise: Become A Better Communicator

Social Wellness Exercise: Make Authentic Connections

Workout Wednesdays: Dynamic Yoga*

This energizing yoga practice engages the body and mind through creative sequences and mindful transitions, enhancing focus, coordination, and balance

Join us for the live classes on July 8 at 9am, July 15 at 12pm, and July 22 at 5pm. **[Register here!](#)**

Thrive Thursdays: Restorative Breathwork*

This soothing, meditative practice uses slow and intentional breathing patterns to calm the nervous system and release stored tension for a renewed sense of peace.

Join us for the live classes on July 9 at 8am, July 16 at 12pm, and July 23 at 4pm. **[Register here!](#)**

**You may complete this activity weekly if you choose. Points are awarded each time you participate by logging it as physical activity - you will not receive a code. 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.*

5K

Training Program



**Starts
in July!**

Whether you're walking, jogging, running, or just looking for motivation to get moving this summer, this program is for all fitness levels. We'll help you build endurance, stay motivated, and have fun leading up to our 5K on Sep 26 @ 9am at Gypsy Hill Park.

Email smartin@augustahealth.com to sign up and receive:

- Training plans
- Walking and running group opportunities
- Motivation and wellness tips

Even if you're only "thinking about it," sign up & follow along!

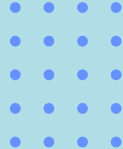
Participate to earn your \$100 wellness incentive.



PLAY ALL DAY



JULY 8 IS “BE A KID AGAIN” DAY



Take a break, play like a kid, and reconnect with the joy of childhood! Stop by for bubbles, chalk, hula hoops, games, and frozen treats.

BECAUSE ADULTS DESERVE RECESS TOO!

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- ✓ Earn 1,000 wellness points
 - ✓ Enter to win a \$25 Amazon gift card
 - ✓ Enjoy a free freezer pops
 - ✓ Participate in as little as 5 minutes
- 

July 8 | 11 AM–2 PM | Atrium Lawn

Menopause

Education Series

As hormones change during perimenopause, your nutrition needs will change too.

Join Mary Beth Landes, MS, RD, CSO to learn nutrition strategies that can help support your body and ease common challenges from perimenopause through postmenopause - with practical tips you can incorporate into your everyday lifestyle.



Part 1 - July 15 @ 12pm

Part 2 - August 19 @ 12pm

*Scan here to join via
Microsoft Teams!*



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!



Volunteer 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 Ways to 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!



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.*