



CALM in the
CHAOS

Augusta
Health™

Well Together

Challenge Overview

This challenge is designed to support your well-being through small, intentional practices focused on self-care, stress management, financial wellness, and digital detox. These wellness offerings are here to help you reset, refocus, unplug, and feel more balanced - one small step at a time, while building resilience and helping prevent burnout.

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 June 30 at 12pm will determine the tier and payout on your July 16 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 5 Leaderboard Raffle - \$500 cash prize

Top 50 Leaderboard Raffle - \$250 cash prize

Participants w/ 10k Points or More 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.*



This quarter, we've increased the number of points you can earn for physical activity, and the maximum has been raised to 1,000 points. In addition, webinars are now worth 500 points.

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
1000 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:

We have established a high maximum for physical activity points (1,000 daily) so participants can receive credit for all the effort they put in. That said, consistently reaching the maximum each day is outside the typical range. If you are maxing out your physical activity points daily, we may reach out to learn more about how you're achieving that level of activity.

When manually entering physical activity points, please make sure your entries reflect our Augusta Health values. Thank you for your honesty and for all the hard work you're putting in!

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.



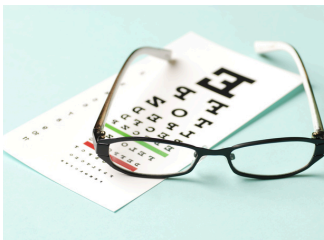
Dental Exam / Cleaning - 1000 Points

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

Gratitude Wall - 300 Points

Gratitude plays a powerful role in stress management by helping us refocus and find moments of peace amid the chaos. Whether it's taking a moment to appreciate a kind gesture, a beautiful sunset, or a small win in your day, practicing gratitude can shift your mindset and calm your stress. We know life can feel overwhelming, so we want to encourage you to incorporate gratitude into your daily routine. **Stop by the Gratitude Board at the Blue Ridge Café and share something you're thankful for.** As you pass by throughout the day, let it be a gentle reminder to pause, reflect, and appreciate what brings you joy.

Virtual and offsite employees, please use [this link](#) to submit your gratitude message - code is in the title of the whiteboard. If you are onsite and able to write on the board in person, please add your message there instead.

Press Play to Recharge - 250 Points

Music is one of the easiest - and most powerful - ways to relieve stress and recharge after a long day. So let's create a playlist featuring the songs our Augusta Health team members turn to when they need to reset. Whether it's calming instrumentals, throwback hits, country classics, or upbeat pop - if it helps you unwind, we want to hear it.

Email your song choice(s) to welltogether@augustahealth.com by June 30, and we'll add them to a collaborative Spotify playlist for everyone to enjoy. As a thank you, participants will earn **250 Wellable points** and be entered to **win 1 of 2 \$50 Amazon gift cards.**

Please note: Songs containing explicit or offensive language will not be added to the playlist.

30 Days of Stress Relief - 1000 Points

Stress happens - but it doesn't have to run the show. This [30-day challenge](#) helps you unplug, reset, and feel calmer with simple, science-backed activities. Try one soothing practice a day—meditation, gentle movement, breathing, whatever works. No perfection needed, just show up. Ready to calm your mind and body? Let's get started. Check off all the days when you did a calming activity and submit to welltogether@augustahealth.com by the end of the quarter to earn 1000 points.

June Special Activities

Activities are valid until June 30th at 12pm

Social Media Detox - 500 Points

In this challenge, you'll limit your social media usage to just 30 minutes per day. By using your phone's built-in Screen Time (iPhone) or Digital Wellbeing (Android) tools, you'll set app limits to help you stay on track. The goal is to free up more time to focus on real-world connections, hobbies, and activities that bring joy beyond the screen!

Click [here](#) to see more details and learn how to utilize these tools on your phone. Click [here](#) to access the calendar. After you have completed the calendar for at least 27 days, submit to welltogether@augustahealth.com to earn your points!

Digital Detox Webinar - 500 Points

This webinar unearths the downsides of constantly being "connected" while providing tips and tricks to unplug and enhance overall well-being.

Join us live on June 2 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.*

Heart Health 101 Webinar - 500 Points

This webinar focuses on the importance of heart health and provides steps that you can take to make heart-healthy lifestyle choices.

Join us live on June 16 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 June Special Activities

Activities are valid until June 30th at 12pm

Workout Wednesdays - Cardio Kickboxing

This high-intensity workout combines martial arts-inspired movements with energizing cardio drills for a fun, full-body challenge.

Join us for the live classes on June 3 at 9am, June 10 at 12pm, and June 17 at 5pm. [Register here.](#)

Good news! 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.

Thrive Thursdays - Mindful Self-Expression

This guided experience explores self-expression through writing, art, and creative reflection, fostering openness, curiosity, and authenticity.

Join us for the live sessions on June 4 at 8am, June 11 at 12pm, and June 18 at 4pm. [Register here.](#)

Good news! 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.



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.*

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