

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.*

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.



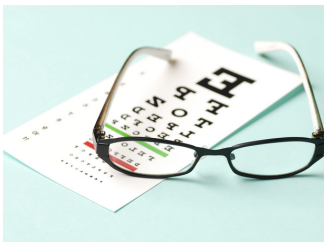
Dental Exam / Cleaning - 1000 Points

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.

September Special Activities

Activities are valid until September 30th at 12pm

Walk or Run a 5K – 1000 Points

Jump into connection and camaraderie with our monthly team-building events! Join us for a 5K on September 26 from 9:00am at Gypsy Hill Park to earn 1000 points. Walk or run and bring your friends and families to join in. *Inclement weather changes will be communicated on the bulletin board.*

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!

Gratitude Rock Scavenger Hunt – 1000 Points

Get creative and spread positivity across campus with our Gratitude Rock Hunt!

Paint a gratitude rock with an uplifting message, fun design, or encouraging word, then hide it somewhere around campus... including offsite locations. After hiding your rock, search for a painted rock hidden by someone else.

To earn 1000 points, participants must:

- Paint and hide a gratitude rock
- Find a hidden painted rock (please don't take; leave it for others to find)
- Send us photos of both



This activity is all about spreading gratitude. Each rock you find or hide is a small reminder to appreciate the little joys around you and to brighten someone else's day. Share the gratitude, have fun, and let the hunt begin!

Gratitude Collage – 500 Points

Celebrate the little things that bring joy to your day! For three days, take a photo of one thing you're grateful for...big or small!

Once complete, submit your photos to welltogether@augustahealth.com or text them to 540-480-4975 (please include your name). We'll combine everyone's submissions into a community gratitude collage that highlights the many things that inspire appreciation across our team. *If there are any photos you prefer not to have included in the shared collage, just let us know when you submit them.*

Talk Tuesday: Gratitude: A How-To Guide

This webinar focuses on how to bring the practice of gratitude to life, highlighting health benefits and providing tangible examples to help develop the skill of being grateful.

Join us live on September 1 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 September Special Activities

Activities are valid until September 30th at 12pm

Team Member Giving Campaign

Make a difference with the Augusta Health Foundation! Every dollar donated directly supports programs and services that make Augusta Health a special place to work and receive care. Find the **cause** that matters most to you and make an impact in our community. Fund your cause through payroll deduction here **Payroll Deduction Giving Form | Augusta Health Foundation** or credit/debit/Venmo/PayPal here **Give Now | Support Augusta Health Foundation**

Earn Wellness Points:

1,000 points for new donors

500 points for continuing donors

250 points for emailing a photo of yourself in your Foundation shirt to ahfoundation@augustahealth.com.

Talk Tuesday: Respiratory Resilience

Learn how to protect and strengthen your lungs through habits that support clearer breathing and improved stamina. This webinar highlights how air quality, effective breathing techniques, and early signs of common lung diseases (e.g., asthma, COPD) influence long-term respiratory health.

Join us live on **September 15 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.*

Workout Wednesdays: Cardio Burner*

This fast-paced, heart-pumping workout blends dynamic cardio exercises with full-body movements for maximum calorie burn.

Join us for the live classes on **September 2 at 9am, September 9 at 12pm, and September 16 at 5pm.** **Register here!**

Thrive Thursdays: Mindful Centering*

This grounding class explores techniques to release mental clutter, reduce stress, and reconnect with the present moment through meditation and gentle movement.

Join us for the live classes on **September 3 at 8am, September 10 at 12pm, and September 17 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.

More September Special Activities

Activities are valid until September 30th at 12pm

Gratitude Exercises - 50 Points Per Activity / 350 for all

Gratitude is a simple practice that can boost mental and physical well-being. This October, try seven Gratitude Exercises to build an attitude of gratitude and notice what shifts. Earn 50 Wellable Points for each exercise you practice:

- **Gratitude Exercise: Journal Daily**
- **Gratitude Exercise: Meditate Mindfully**
- **Gratitude Exercise: Write Letters**
- **Gratitude Exercise: Savor Surroundings**
- **Gratitude Exercise: Create Reminders**
- **Gratitude Exercise: Reflect Gratefully**
- **Gratitude Exercise: Practice Praise**

Menopause Education Series

**Exercising during menopause:
Working with your body, not against it.**

Join Sarah Martin to learn why all components of fitness, especially strength training and HIIT, are important during menopause, how they help maintain muscle and bone health, and practical strategies for staying active. Realistic tips to help you move more and feel better during this stage of life.



September 16 at 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.*