

A person is balancing on a large, weathered log in a forest. The person is wearing light-colored pants and white sneakers with white laces. The background is a blurred forest scene with trees and a path. The image has a blue tint.

BALANCE

Fall Back Into

Your Fall Reset Starts Here...

After the busy Expanse launch, fall is the perfect time to reset, restore your routines, and find your balance before the holiday season is in full swing. This quarter, focus on reconnecting with healthy habits, making time for yourself and your loved ones, and creating balance amid a busy season. Small, intentional choices can help you feel more balanced, energized, and ready to enjoy the holidays.

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 December 30 at 12pm will determine the tier and payout on your January 28 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.

Monthly Grand Prizes

A grand prize of **\$250** will be awarded at the end of each month to **TWO** participants using a Wellable Points-Based Lottery. Each Wellable Point earned during the month equals one entry into the grand prize raffle. Your odds of winning a grand prize increases with each Wellable Point you earn!



**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 = .02 points per step



Walk/Run = 40 points per mile



Other Exercise = 3 points per minute



Outdoor Cycling = 15 points per mile



350 Points Maximum Daily

Nutrition Points



Logging Meals = 25 points per meal



75 Points Maximum Daily



WW, Noom, Etc. = 1,120 points monthly*

Daily Challenges



Daily Challenges = 5 points each; max 25 points per day



Once-Per-Day Special Activities = 5 Points Each

**For paid nutrition programs that do not sync with Wellable, email your invoice or proof of payment to welltogether@augustahealth.com at the beginning of each month. Nutrition activities cannot be logged in another app and submitted for reimbursement to earn duplicate points. Points will be awarded at the end of each month.*

Preventative Care Points

Preventive health care includes the steps you take to stay healthy before you get sick. Regular checkups can help prevent illness, lower your risk of chronic conditions, and catch potential health issues early.



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.*

Please note: Attestation forms may be submitted anytime during the year, as long as the exam was completed in 2026. Forms do not need to be submitted in the same quarter the exam occurred. Activities that can be completed twice per year cannot be submitted twice in the same quarter.

Special Activities

Activities are valid all quarter



Visit a Local Apple Orchard - 500 Points

Celebrate the season with a trip to a local apple orchard! Pick your favorite apples, then head home and create a delicious apple-inspired recipe. Whether it's a pie, applesauce, muffins, or something uniquely your own, we'd love to see your creations! Share a photo of your recipe on our [Facebook page](#), or email it to us at welltogether@augustahealth.com if you're not on Facebook.



Watch Your Favorite Holiday Movie - 500 Points

Relaxation, laughter, and meaningful connections all support emotional well-being and help reduce holiday stress. So cozy up with your favorite holiday movie and share what makes it special to you! Whether it makes you laugh, reminds you of cherished family traditions, or simply helps you unwind, watching a holiday favorite is a great way to recharge during the busy season. After you watch, complete a few quick [SurveyMonkey](#) questions to receive your code!



Enjoy Your Favorite Holiday Season Activity - 500 Points

Take time to enjoy a favorite holiday tradition that brings you joy! Whether you're exploring a corn maze or haunted forest, attending a Christmas parade, participating in a Turkey Trot, or gathering around a bonfire, these moments help reduce stress, encourage movement, strengthen connections, and create lasting memories.

Choose one seasonal activity to enjoy and share your experience with us! Send us a photo at welltogether@augustahealth.com to earn your points.

Please choose an activity other than watching a holiday movie for this challenge!

October Special Activities

Activities are valid until Oct 31



Let's Take a Hike! - 1000 Points

Autumn is the perfect time to get active, enjoy the crisp air, and take in the beautiful fall colors of the Blue Ridge Mountains. Join us for a wellness hike at the Blue Ridge Tunnel on October 17 at 9 a.m. Meet at West Trailhead (483 Three Notched Mountain Hwy, Waynesboro VA 22980) and bring a flashlight!

Can't make it with us? Complete your own hike wherever you are and share a photo with us at welltogether@augustahealth.com.

Looking for trail inspiration? Check out our [hike guide here](#) or [explore trails](#) previously enjoyed by Augusta Health team members.

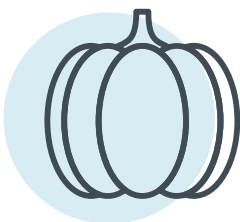


Bright Breaks - 50 Points Per Day / 1000 Bonus Points

Boost your well-being with Bright Breaks... these are short, live, instructor-led sessions featuring movement, stretching, and breathwork. Employees who take regular wellness breaks report up to a 40% increase in productivity and lower burnout.

[Click here to join a Bright Break](#) and automatically earn 50 wellness points each day.

Want to earn more? [Click here to log your breaks](#). Complete and log 44 Bright Breaks in October (about two per workday) and earn an extra 1,000 wellness points! Submit to welltogether@augustahealth.com to receive your code.



Vote in the Pumpkin Carving Contest - 500 Points

The tradition continues!! Nutrition Services will be hosting their Annual Department Pumpkin Decorating contest again this year! Vote for your favorite to earn 500 wellness points! More information will be provided closer to the date.



Rest and Restore Activity - 300 Points

What if doing less could actually help you accomplish more? In this activity, Coach Jose explores how slowing down can support your focus, energy, mood, and productivity.

Watch the [short video](#), then choose one strategy to practice: prioritize rest, take breaks, or make time to play. Try it out during your day and reflect on what you notice using this [SurveyMonkey link](#). You will be provided with a code after you complete the questions.

More October Special Activities

Activities are valid until Oct 31



Benefits Fair - 200 Points

Join us at the Benefits Fair on October 29! Earn 200 points, enjoy fun activities and prizes, and be among the first to learn about our new **2027 Biometric Screening Improvement Program**. Look for us there!

Please note: Biometric screenings will not be offered at the fair this year.



Productivity 101 Webinar - 500 Points

This webinar addresses time, task, and energy management to rethink productivity and find work-life balance, sharing ideas for making the most of the workday, increasing efficiency, and beating burnout. [Register here](#)

Tuesday, October 6, 2026, 10:00 AM, 12:00 PM, or 3:00 PM



Slow Flow Yoga*

This gentle, intentional practice incorporates slow, mindful sequences focused on breath, alignment, and fluid movement, cultivating a meditative state through physical activity. [Register here](#)

Wednesday, October 7, 2026, 9:00 AM

Wednesday, October 14, 2026, 12:00 PM

Wednesday, October 21, 2026, 5:00 PM



Vocal Activation Breathwork*

This class combines breathing techniques with vocal exercises to release tension, open the voice, and energize the body, enhancing self-expression. [Register here](#)

Thursday, October 8, 2026, 8:00 AM

Thursday, October 15, 2026, 12:00 PM

Thursday, October 22, 2026, 4:00 PM

***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.**

Menopause Education Series

Menopause, Your Pelvic Floor & Incontinence

Join Gretchen Cassell, PT for an informative session exploring the pelvic floor and incontinence changes that can occur during menopause. We'll discuss what happens, why it happens, and basic treatment options to help you better understand, manage, and feel more confident navigating these changes.



October 21 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. **Email us after you volunteer to receive your points!**



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.*