
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!

November Special Activities

Activities are valid until Nov 30



Seasonal Veggies; New Ways - 500 Points

Eating your vegetables can be a challenge, especially during the winter months...but winter seasonal veggies can be delicious, too!

Join us on November 3 from 11 a.m. –1 p.m. in the Blue Ridge Cafe to discover new delicious ways to enjoy seasonal vegetables. Pick one of the recipes we provide, take it home with the free veggies provided by AH Farm, and give it a try! Once you've made your recipe, snap a photo and email it to welltogether@augustahealth.com to earn 500 Wellness Points.

*Supplies are limited and available on a first-come, first-served basis. Can't join us onsite? No problem! Click here for **winter squash**, **collard greens**, and **sweet potato** recipes and try one at home with your own seasonal veggies!*



AH Nursing Clothing Drive - 500 Points

Help us support patients who may need clothing during discharge or recovery at a Skilled Nursing Facility! Donate gently used, laundered sweatshirts and sweatpants or new items with tags. We are looking for warm clothes!

The clothing closet is located **outside the 1E unit**. Look for the signage at the desk directing you to the closet. Please place all clothing donations in the **black bin labeled "Donations,"** located **on the floor next to the lockers behind the desk**. **Earn 500 Wellness Points throughout November! Look for the code posted on the donation box when you donate.**

If you're at an offsite location, please place your clothing donations in the designated Canned Food Drive donation area in your office and email us at welltogether@augustahealth.com to receive your code!



AH Food Pantry Canned Food Drive - 500 Points

Help support Augusta Health's Food Pantry by donating nonperishable food items throughout the month of November. Your generosity will help provide meals for members of our community this winter.

Earn 500 wellness points for participating! Donation boxes will be located throughout the hospital and at all off-site locations. Scan the QR code on any collection box to receive the code needed to claim your points.

Click here to learn more.

More November Special Activities

Activities are valid until Nov 30



What's Your Lollipop Moment? - 100 Points

One act of kindness can inspire a ripple effect of generosity, creating a stronger, more connected community. Discover how you can help spread kindness by paying it forward! Watch the **video** and complete the **survey here** to earn 100 points.



Social Wellness Webinar - 500 Points

This webinar focuses on the importance of healthy relationships and how strengthening effective communication, fostering self-esteem, harboring a sense of belonging, and building community can improve well-being. **Register here**

- Tuesday, November 3, 2026, 10:00 AM
- Tuesday, November 3, 2026, 12:00 PM
- Tuesday, November 3, 2026, 3:00 PM



Pilates*

This full-body workout focuses on core strength, stability, and controlled movement. This class emphasizes alignment and mindful engagement of muscles to improve overall functional fitness. **Register here**

- Wednesday, November 4, 2026, 9:00 AM
- Wednesday, November 11, 2026, 12:00 PM
- Wednesday, November 18, 2026, 5:00 PM



Heart Opening Meditation*

This guided visualization is designed to cultivate a sense of love, compassion, gratitude, and emotional openness, fostering deeper connections to self and others. **Register here**

- Thursday, November 5, 2026, 8:00 AM
- Thursday, November 12, 2026, 12:00 PM
- Thursday, November 19, 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.**

Biometric Improvement Bonus

Coming in 2027!

A healthier you could mean more money in your pocket!

Get ready for a **NEW** way to earn wellness dollars in 2027.

Earn up to **$200** annually for improving or maintaining healthy biometric ranges...in addition to the existing **$100** quarterly wellness incentive.



That means more opportunities to focus on your health and more opportunities to be rewarded.

More details are coming soon... Stay tuned and get ready to make your wellness count in 2027!

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.*