Smart ♥ Health

Your healthier state is just around the bend

SmartHealth can guide you to your healthy place. It offers tools that can help you eat healthy, sleep better, manage stress, stay connected, and discover a healthy state of mind.

- **Well-being assessment** – Get a personalized health report in 10 to 15 minutes. The well-being assessment will show you where your health stands, recommend next steps, and personalize your homepage.
- **Daily Habits** – Choose a health goal, see your progress, and stay on track with helpful reminders. Find Plans that can help with exercise, nutrition, sleep, stress management, and managing conditions.
- **Challenges** – Join fun wellness challenges that can help you be active, stress less, stay social, and achieve the well-being goals that are most important to you.
- **Community** – Join your peers in digital conversations about a wide range of health topics, like "Stress Less," Sleep Tight," and "Joyful Longevity."
- **Device and app connection** – Automatically track and upload your activity with a fitness device or app.

Qualify for a $125 wellness incentive in 2025!
Eligible subscribers can qualify for a $125 reduction off their medical plan deductible or a one-time $125 deposit into their health savings account by completing the well-being assessment and earning a total of 2,000 points by November 30, 2024.

A few ways to earn points:

- **800 points** – Complete the well-being assessment.
- **25 points** – Join a conversation on Community.
- **150 points** – Complete a Daily Habits Plan.
- **50 points** – Download the Wellness At Your Side app.

Start earning points today at **smarthealth.hca.wa.gov**.

Start personalizing your experience
Your well-being journey is personal and private. Be sure to create an account in SecureAccess Washington (SAW) if you have not done so already. Logging into SmartHealth through SAW is important for keeping your private information secure, and it's a requirement of the Washington State Office of Cybersecurity.

1. **Create a SAW account** – If you haven't already, visit the SecureAccess Washington website at **secureaccess.wa.gov** and click Sign Up.

   Already have a SAW account? – Visit SmartHealth at **smarthealth.hca.wa.gov** and select the button, **Continue with Secure Access Washington (SAW)**.

2. **Create your SmartHealth account** – Provide your first and last name, date of birth, last 4 digits of your Social Security number, and email address.

3. **Accept terms** – Read and accept the WebMD Terms of Service and Privacy Policy and click **Submit**.

4. **Answer a few questions** about your interests to tailor SmartHealth to meet your needs. Then, you'll be presented with a Notice Page. You will need to accept all notices to access SmartHealth.

Now you're ready to explore everything SmartHealth has to offer!

Download our app, Wellness At Your Side
Visit SmartHealth and work toward your well-being goals on your mobile device.

1. Visit the Apple App Store or the Google Play Store and search "Wellness At Your Side."
2. Download the app and enter the connection code: **SmartHealth**.

Need help with SmartHealth?
Visit smarthealth.hca.wa.gov/contact or call WebMD Customer Support at 1-800-947-9541, Monday through Friday, 7 a.m. to 7 p.m. (Pacific)

Need help with SAW?
Click the **Get Help** button on the SAW website at secureaccess.wa.gov.