

Stay *well* during summer break

Make this a self-care summer, a time to recharge, and a time to focus on your well-being. Use your SEBB wellness benefits to support you.

SmartHealth is your voluntary wellness program that supports whole person well-being.

Join activities that support all of you, including managing stress, building resiliency, and adapting to change.

1. Get started or keep earning points at smarthealth.hca.wa.gov.
2. Take the well-being assessment and earn 800 points.
SmartHealth offers activities that align with your assessment outcomes.
3. Qualify. Join and track activities to earn at least 2,000 points by November 30, 2024, to qualify for a **\$125 wellness incentive**.

SmartHealth activities and challenges you might enjoy this summer

Available starting May 31:

Fun in the sun

Learn about precautions to stay safe and healthy in the sun. Summer is a great time to get outdoors and spend time with your friends and loved ones, but it's also important to stay safe and healthy while outdoors during the summer.

Body scan meditation

Experience the transformative power of the body scan meditation as you cultivate a deeper connection with yourself and the moment. Whether you're new to meditation or seeking to deepen your practice, this guided journey offers a gentle and nourishing way to nurture your body, mind, and spirit.

Mix it up at the grocery store

Challenge yourself to mix it up at the grocery store and try a fruit or vegetable you've never had before. There's a world of flavors waiting for you to explore.

Plan a summer staycation

Explore tips on how to plan the perfect summer vacation at home! Create unforgettable summer memories without ever having to leave your home.



More wellness benefits from your SEBB medical plan

Diabetes prevention and management.

Learn more about your medical plan's resources on HCA's website at: hca.wa.gov/sebb-diabetes.

Programs to help you live tobacco free.

Learn more on HCA's website at hca.wa.gov/tobacco-free-sebb.

Prefer mobile? Download the Wellness At Your Side app.
If you need help logging in, visit: hca.wa.gov/accessing-smarthealth.



smarthealth.hca.wa.gov

Smart  Health