## Smart CHealth

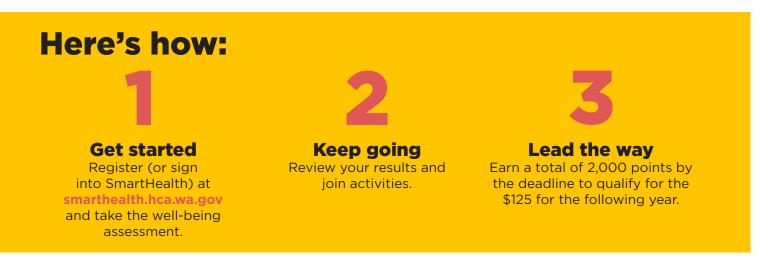
## **Supporting whole person well-being**

SmartHealth is your voluntary wellness program that supports whole person wellbeing. Participate in activities that support all of you, including managing stress, building resiliency, and adapting to change.



## **Earn wellness incentives!**

Take your well-being assessment and earn 2,000 total points before the deadline, to qualify for a \$125 wellness incentive.



## SmartHealth supports you on your journey toward living well. Learn more at **hca.wa.gov/sebb-smarthealth**.

HCA is committed to providing equal access to our services. If you need an accommodation, or require documents in another format, employees contact your payroll or benefits office. SEBB Continuation Coverage subscribers call 1-800-200-1004 (TRS: 711).