



# Smart [heart icon] Health

## Supporting whole person well-being

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

## Here's how:

# 1

### Get started

Register (or sign into SmartHealth) at [smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov) and take the well-being assessment.

# 2

### Keep going

Review your results and join activities.

# 3

### Lead the way

Earn a total of 2,000 points by the deadline to qualify for the \$125 for the following year.

SmartHealth supports you on your journey toward living well.

Learn more at [hca.wa.gov/sebb-smarthealth](https://hca.wa.gov/sebb-smarthealth).

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