

# Reward yourself with SmartHealth

**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.

**Each year**, start by completing your assessment. SmartHealth suggests activities that align with your assessment outcomes. Learn more about SmartHealth on HCA's website at [hca.wa.gov/pebb-smarthealth](https://hca.wa.gov/pebb-smarthealth)

Earn points for each activity you complete. Earn a total of 2,000 points by **November 30, 2022**, to qualify for the \$125 wellness incentive.\*

\*For subscribers enrolling in PEBB medical with an effective date in October through December, the deadline is December 31. The \$125 wellness incentive is distributed in 2023 as a reduction to the subscriber's medical deductible, or for consumer-directed health plan subscribers, a deposit into the health savings account.



## Complete your assessment

*800 points*

Completing the well-being assessment will help you understand the many dimensions of well-being.



## Power of positivity

*50 points per week*

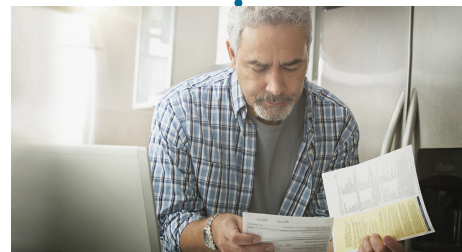
Learn how to shift your mind out of a negative state and into a more neutral or positive one.



## Give to others for your well-being

*200 points*

Helping others is good for our mental health and well-being. Give back in one or more ways suggested in this activity.



## Living on a budget

*100 points*

Compare strategies and find a budgeting approach that works for you.



## Get to know someone new at work

*100 points*

Building productive relationships at work will help you achieve more and feel more connected. Have lunch with someone new.