

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 well-being assessment. SmartHealth suggests activities that align with your assessment outcomes. Learn more about SmartHealth on HCA's website at hca.wa.gov/sebb-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 SEBB 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 UMP High Deductible 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

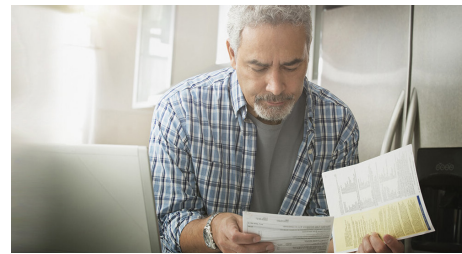
Learn how to shift your mind out of a negative state and into a more neutral or positive one.



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.

Smart  Health

SmartHealth.hca.wa.gov