

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, 2021**, to qualify for the \$125 wellness incentive.*

*The \$125 wellness incentive is distributed in 2022 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.



Cook at home with Andrew Zimmern

100 points

Learn cooking skills and recipes with chef Andrew Zimmern.



Give a little, help a lot

200 points

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



Dealing with debt

100 points

There's good debt, and there's bad debt. Learn the difference with expert Chris Farrell.



How to spot burnout

50 points

Watch the video to learn how to recognize the signs of burnout and take steps to alleviate stress before it becomes chronic.

Smart  Health

SmartHealth.hca.wa.gov