



Smart [Heart] 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 \$25 Amazon.com gift card and \$125 wellness incentives.

Here's how:

1

Get started

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

2

Keep going

Claim your \$25 Amazon.com gift card after you complete the assessment.

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/pebb-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. Retirees and continuation coverage subscribers call 1-800-200-1004 (TRS: 711).