



## 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.



## Qualify for a \$125 wellness incentive in 2023!

# 1

### Get started

Sign in to SmartHealth at [smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov).

# 2

### Take the assessment.

The well-being assessment takes about 15 minutes and is worth 800 points.

# 3

### Qualify

Join and track more activities to earn at least 2,000 total points before your deadline.

SmartHealth supports you on your journey toward living well. Learn more at [hca.wa.gov/pebb-smarthealth](https://hca.wa.gov/pebb-smarthealth).

### Prefer mobile?

Download the Limeade mobile app (iOS or Android) and enter the code **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).