

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, 2023**, 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 2024 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

Get a better understanding of your physical, emotional, work, and financial well-being.



Work out as one

100 points

Gather your coworkers and sign up for a physical activity near you.



Give to others for your well-being

200 points

When we perform selfless acts for others, we help our own well-being.



Dealing with debt

75 points

There's good debt and there's bad debt. Learn the difference.



5 ways to make goals stick

75 points

Review strategies designed to help you overcome obstacles and reach your goals.

Smart  Health

SmartHealth.hca.wa.gov