



What is SmartHealth?

SmartHealth is Washington's voluntary online wellness program that supports and rewards you on your journey toward living well. Its secure, easy-to-use, and mobile-friendly website offers fun, personalized activities you can use to improve your nutrition, sleep, exercise, and stress.

SmartHealth uses a whole-person approach across physical, emotional, financial, and work/life areas.

Why SmartHealth?

The work you do matters to all of Washington State, which is why you need to be your best—both on and off the clock.



How does SmartHealth work?

Step 1: Go to www.smarthealth.hca.wa.gov and click Get Started.

Step 2: Complete the SmartHealth Well-being Assessment to customize your activities. Learn your top three strengths and top three areas to improve.

Step 3: Join fun activities, connect with others, and earn points towards big rewards like a \$125 wellness incentive and a \$25 Amazon.com gift card!

Who is eligible?

PEBB subscribers and their spouse or state-registered domestic partner enrolled in an eligible PEBB medical plan can participate in SmartHealth.

Learn more about SmartHealth and see who qualifies for financial incentives at:

www.hca.wa.gov/pebb-smarthealth

From a SmartHealth user :

“SmartHealth is a useful tool for me. I can track my activities and progress on my journey to get healthier. I like having a place to go to record my efforts. Earning points and receiving incentives are a bonus. I read and learn a lot on the SmartHealth website.”

Diabetes Prevention Program (DPP)*

If you have prediabetes, DPP can cut your risk of developing type 2 diabetes by 58 percent. DPP uses practical, everyday steps that can reverse prediabetes and help delay or prevent type 2 diabetes.

Learn more:

www.hca.wa.gov/prevent-diabetes

Diabetes Support Services*

If you have been diagnosed with diabetes, contact your PEBB medical plan to find out more about these benefits.

Learn more:

www.hca.wa.gov/employees-contact-plan

www.hca.wa.gov/retirees-contact-plan

www.hca.wa.gov/cobra-contact-plan

Tobacco Cessation Programs*

Quitting tobacco is one of the best things you can do for your health. Our tobacco cessation programs have helped many people successfully quit tobacco. Let them help you or your loved one.

Learn more:

Uniform Medical Plan or Kaiser Permanente WA members:

Quit for Life at

<https://www.quitnow.net/Program/> or call 1-866-784-8454

Kaiser Permanente NW members:

Breathe at kp.org/breathe or call

1-866-301-3866 (choose option 2)

*Covered by eligible PEBB medical plans.

What is Washington Wellness?

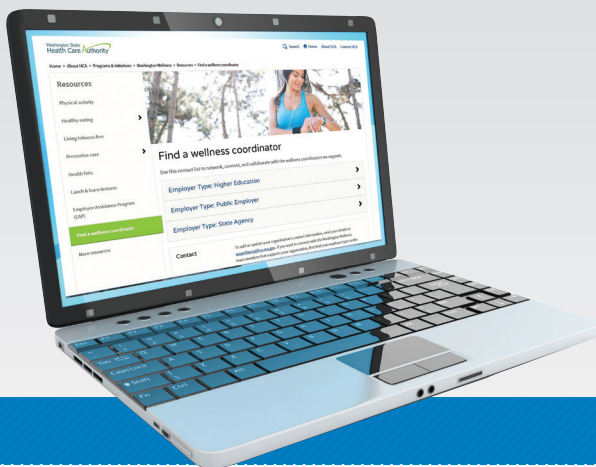
Washington Wellness supports employers that participate in the Public Employees Benefits Board (PEBB) Program to build, grow, and sustain effective worksite wellness programs. These employers include state agencies, higher-education institutions, and other public employers (such as K-12 school districts and political subdivisions).

Washington Wellness coordinates with wellness coordinators at these employers' work sites to promote these programs and resources:

- SmartHealth.
- Diabetes Prevention Program and diabetes support services.
- Tobacco cessation programs.
- Wellness Program tools and resources.
- Healthy Worksite Summit.

To find a wellness coordinator at your organization:

www.hca.wa.gov/find-wellness-coordinator



For more information, contact
Washington Wellness:

Email: wawellness@hca.wa.gov

Phone: 360-725-1700

Or visit:

www.hca.wa.gov/washington-wellness

HCA complies with all applicable federal and Washington State civil rights laws and is committed to providing equal access to our services. If you need an accommodation, or require documents in another format or language, please call 1-800-200-1004 (TRS: 711).

Helping you and your family:

- ✓ Stay healthy
- ✓ Reduce health risks
- ✓ Manage ongoing health conditions



Washington State
Health Care Authority
WASHINGTON WELLNESS