

A photograph of three people—two women and one man—planting trees in a field. They are dressed in outdoor gear like jackets and hats. The scene is set during sunset, with a warm, golden glow. One woman is holding a blue bag, another is holding a black bucket, and the man is holding a shovel. The background shows a line of trees and a clear sky.

# Keep good company

Try the **SmartHealth Community** feature

Discover a community of like-minded individuals eager to support your well-being. With the SmartHealth Community feature, connect, share, and grow together through engaging and motivational group chats as you pursue your personal well-being goals.

## Be part of a support system

Join a vibrant support network where positivity thrives. Dive into enriching discussions, exchange valuable tips, and uplift one another on your wellness journey. Engage in a variety of health-focused conversations in the SmartHealth Community, including:

- **Be Active** – Find exercise partners and learn about opportunities to get moving.
- **Eat Well** – Discover new recipes and ideas for healthy eating.
- **Sleep Tight** – Talk about your sleep struggles and find support to help you get a good night's rest.
- **Stress Less** – Share strategies for managing stress and achieving a healthy work-life balance.
- **Joyful Longevity** – Learn how your peers are staying happy and healthy as they age.

Find your community today by visiting SmartHealth at [smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov) or by downloading the Wellness At Your Side app and entering the connection code: **SmartHealth**. Click the top-right navigation menu or the Community card to embark on a journey of connection, growth, and shared success.