

Quench

Stay fully hydrated and feeling your best during the SmartHealth Rethink Your Drink challenge.



How it works

During Rethink Your Drink, the goal is to replace sugary drinks with water and track your water intake. Drink six or more glasses of water for at least 21 days to earn 150 points. The challenge starts September 10 and ends October 7.

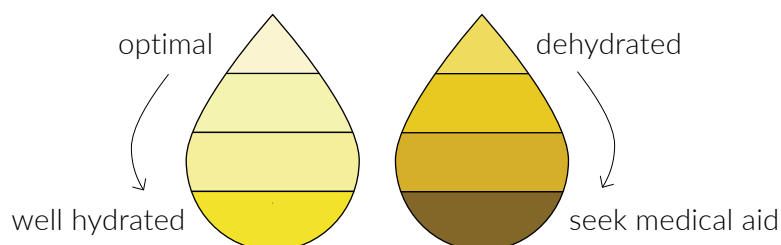
Track your results at smarthealth.hca.wa.gov or on the Wellness At Your Side app. Register by September 17 to participate.

Drink to good health

Your body weight consists of 50 to 70 percent water, so staying hydrated is important. By replacing sugary drinks with water, you can feel your best and prevent health issues like type 2 diabetes, heart disease, cavities, and more.

Know your hydration level

Check your urine color to see if you're hydrated—use the chart to match the color and read your hydration level.



Avoid sneaky sugars

Many drinks seem healthy but contain hidden sugars like concentrated fruit juice, agave, honey, sucrose, and more. The chart to the right reveals the sugar hiding in popular drinks.

DRINK	TEASPOONS OF SUGAR IN 12 OZ.
Frappuccino	14
Smoothie Drink	14
Cola	10
Orange Juice	10
Sports Drink	5

Register by September 17 at smarthealth.hca.wa.gov or use the Wellness At Your Side app.

Note: Employees are encouraged to participate in this challenge during work breaks or outside of work hours.

SOURCES

Mayo Clinic: "Water: How much should you drink every day?"
Centers for Disease Control and Prevention: "Rethink Your Drink"
National Geographic Area Coordination Centers: "Are You Hydrated? Take the Urine Color Test"
American Heart Association: "Rethink Your Drink: Reducing Sugary Drinks in Your Diet"
Harvard Health Publishing: "How Sweet Is It?"



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