



Move your way to well-being

It's back! Register for The Invitational between **May 7** and **May 20** at smarthealth.hca.wa.gov.



How it works

Join a five-person team and track steps between May 21 and June 24. Your team will compete against a new team each week. The team with the most steps each week wins!

Track any activity

You can walk, dance, bike, swim, or stay active any way you like. Use the steps conversion worksheet to convert your activity minutes into steps. To record your activity, sync a fitness device or enter your steps manually in SmartHealth.

Earn points

You can earn 50 SmartHealth points per weekly round. There are 5 weekly rounds. Earn up to 250 points!

Download our app

Use the **Wellness At Your Side** app to register and track your steps during The Invitational. Use connection code: **SmartHealth**



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