

SmartHealth Community Campaign message

How to use

1. Share the message below with employees.
2. The message is ready to use as is. You can also tailor it to fit the needs of your organization.

**Tip:** Highlight the value of worksite wellness by asking your leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our [Worksite Wellness Roadmap](https://fortress.wa.gov/hca/wawellness/login.aspx) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

MESSAGE BELOW

**Subject**: SmartHealth Community - your new wellness ally

Dive into the SmartHealth Community feature and connect with a supportive circle of peers, all committed to wellness just like you. Engage in dynamic, health-focused discussions, share valuable insights, and cheer each other on as you achieve your well-being goals together.

Join a SmartHealth Community and start your journey of growth and positivity with conversations, 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 stay happy and healthy as they age.

Find your ideal community today in SmartHealth. Click the top-right navigation menu or the Community card to embark on a journey of connection, growth, and shared success.

**Start today**

Go to [SmartHealth](https://smarthealth.hca.wa.gov) or download the Wellness At Your Side app ([Apple](https://apps.apple.com/us/app/wellness-at-your-side/id957943648) or [Android](https://play.google.com/store/apps/details?id=com.webmd.ways&hl=en)) and enter the connection code: **SmartHealth**.

Visit [Accessing SmartHealth](https://www.hca.wa.gov/employee-retiree-benefits/accessing-smarthealth) for help logging on.

**END MESSAGE**