

Reward Yourself with SmartHealth (SEBB)

How to use

1. Share the message below between October 1 and November 30, 2025.
2. The message is ready to use as is. You can edit it to make it work for your organization.

MESSAGE BELOW

**Subject**: Reward yourself with SmartHealth

[SmartHealth](https://smarthealth.hca.wa.gov/) is your voluntary wellness program that supports whole person well-being. Participate in activities that support all of you, including managing stress, building resiliency, and adapting to change.

**Don’t miss your opportunity** to [qualify](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb#how-to-qualify) for the **$125 wellness incentive** in 2026. Log into [SmartHealth](https://smarthealth.hca.wa.gov/) to complete the well-being assessment (worth 800 points) and reach a total of 2,000 points by November 30.

[Reward yourself with SmartHealth](https://www.hca.wa.gov/assets/program/SEBB-reward-yourself-with-SmartHealth-flyer.pdf)!

**Learn more**

* Find information about eligibility, the wellness incentive, and more at [SmartHealth (SEBB)](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb).
* Watch the [SmartHealth Overview](https://www.youtube.com/watch?v=zPIjoSzHzZc) video.
* Get instructions for logging into SmartHealth at [Accessing SmartHealth](https://www.hca.wa.gov/employee-retiree-benefits/accessing-smarthealth).

**END MESSAGE**