Find your healthy state

Personalize your path to well-being with SmartHealth. Find tools that can help you exercise, eat healthy, overcome stress, and discover your healthiest state of mind. Explore more healthy options in SmartHealth today.

Learn more at **hca.wa.gov/pebb-smarthealth**.

Qualify for a $125 wellness incentive in 2027!

1

Get started

Log in to SmartHealth at **smarthealth.hca.wa.gov**.

2

Take the assessment

The well-being assessment takes about 15 minutes and is worth 800 points.

3

Qualify

Join and track more activities to earn at least 2,000 total points before your deadline.

HCA is committed to providing equal access to our services. If you need an accommodation or require documents in another format, employees contact your payroll or benefits office. Retirees and continuation coverage subscribers call 1-800-200-1004 (TRS: 711).

Prefer mobile?

Use the Wellness At Your Side app to work toward your health goals, even when you're on the go.

1. Visit the Apple App Store or the Google Play Store and search for "Wellness At Your Side."

2. Download the app and enter your connection code: **smarthealth**.

SmartHealth

Supporting you on your journey toward living well

smarthealth.hca.wa.gov

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