

Find new ways to thrive

SmartHealth is introducing fresh featured activities to help you build healthy habits, stay informed, and keep moving in a way that feels right for you. Find your next activity:

Sleep hygiene checkup

Quality sleep supports restoration, memory, hormone balance, energy, and overall health. This activity helps you explore simple habits that can improve how well you sleep so you wake up feeling refreshed. Report completion of the “Sleep hygiene checkup” featured activity between April 13 and May 29, 2026 to earn 75 points.



Sleep Hygiene Checkup
Take time to review your sleep habits.

Mindfulness in nature

Spending time outdoors is a great way to slow down and be present. This activity introduces simple ways to practice mindfulness in nature by tuning into your surroundings – what you see, hear, and feel. Report completion of the “Mindfulness in nature” featured activity between May 1 and June 12, 2026 to earn 75 points.



Mindfulness in Nature
Practice slowing down and being present in the outdoors.

Defend your skin

Your skin protects you every day – it deserves a little TLC in return. Skin cancer is the most commonly diagnosed cancer in the U.S., and most cases are linked to ultraviolet radiation (UV) exposure. This activity shares practical tips to help lower your risk and support long-term skin health. Report completion of the “Defend your skin” featured activity between May 18 and July 6, 2026 to earn 75 points.



Defend Your Skin
Explore tips to reduce your risk of skin cancer.

Men’s Health Month: Not just about him

Recognized nationally in June, Men’s Health Month focuses on awareness, prevention, and education. This activity highlights how friends and family can support the men in their lives. Report completion of the “Men’s Health Month: Not just about him” featured activity between June 1 and June 30, 2026 to earn 75 points.



Men’s Health Month: Not just about him
Learn about ways you can support the boys and men in your life.

Find these activities and others under *Featured activities* in the *Activities and Resources* tab of SmartHealth located at the top of the homepage. If you’re accessing SmartHealth using the Wellness At Your Side app, look for it at the bottom of your screen.

Learn more at smarthealth.hca.wa.gov.

Coming soon: The Invitational

The Invitational is almost here! During this challenge, teams compete to see who can track the most activity over five weeks. Register between May 6 and May 19. Before the challenge begins, take time to complete the well-being assessment to see where your health currently stands. After the challenge, return to update your well-being assessment results and note any improvements.

Complete the well-being assessment at smarthealth.hca.wa.gov.

SOURCES

- Sleep Foundation: “Mastering Sleep Hygiene”
- American Academy of Dermatology: “Protect your skin from the sun”
- Mindful.org: “What Happens When We Reconnect With Nature”
- Mayo Clinic: “Men’s health”