

SmartHealth awareness message (SEBB)

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**: A gateway to a healthier you

In 2025, [SmartHealth](https://smarthealth.hca.wa.gov/) is better than ever. Together with WebMD, we're committed to prioritizing your well-being and helping you thrive.

Whether the aim is to maintain your current health, boost fitness, manage stress, or explore ways to enhance your overall well-being, [SmartHealth](https://smarthealth.hca.wa.gov/) is here to help. Your journey to a healthier state is personal and unique, and we're dedicated to supporting you every step of the way.

**Get your personalized health report in just 10 to 15 minutes!**

The SmartHealth well-being assessment is your gateway to understanding your current health

status, guiding you toward next steps and tailoring your homepage with empowering

insights for a healthier and happier life.

When you complete the well-being assessment, you earn 800 points, getting you a step closer to [qualifying for a $125 wellness incentive](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb#how-to-qualify) in 2026.

**Have questions about SmartHealth?**

[Contact WebMD online](https://smarthealth.hca.wa.gov/contact) or call WebMD Customer Support at 1-800-947-9541, Monday through Friday, 6 a.m. to 6 p.m. You can also visit [Accessing SmartHealth](https://www.hca.wa.gov/employee-retiree-benefits/accessing-smarthealth) for step-by-step log on instructions.

**END MESSAGE**