



# Your healthier state is just around the bend

SmartHealth can guide you to your healthy place. Discover tools that can help you eat healthy, sleep better, manage stress, and stay connected.

- **Well-being assessment** – Get a health report in 10 to 15 minutes.
- **Daily Habits** – Choose a health goal and stay on track with reminders.
- **Challenges** – Join fun challenges that can improve your well-being.
- **Community** – Join peers in digital conversations on health topics.

## Qualify for a \$125 wellness incentive in 2025!

Eligible subscribers can qualify for a \$125 reduction off their SEBB medical plan deductible or a one-time \$125 deposit into their health savings account if they have a high-deductible health plan (HDHP). Complete the well-being assessment and other activities to earn a total of 2,000 points by November 30, 2024.

Ways to earn points:

- **800 points** – Complete the well-being assessment.
- **25 points** – Join a conversation on Community.
- **150 points** – Complete a Daily Habits Plan.
- **50 points** – Download the Wellness At Your Side app.

Learn more at [hca.wa.gov/sebb-smarthealth](https://hca.wa.gov/sebb-smarthealth).

## Secure your info and register today

Create a required SecureAccess Washington (SAW) account to keep your private info secure. To begin, visit [secureaccess.wa.gov](https://secureaccess.wa.gov) and click Sign Up. Already have an account? Visit [smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov) and click, Continue with Secure Access Washington (SAW).

## Download our app

Access SmartHealth from your mobile device! Download the Wellness At Your Side app from the Apple App Store or Google Play Store and enter the connection code: **SmartHealth**.

## Need help with SmartHealth?

Visit [smarthealth.hca.wa.gov/contact](https://smarthealth.hca.wa.gov/contact) or call WebMD Customer Support at 1-800-947-9541, Monday through Friday, 7 a.m. to 7 p.m. (Pacific)

## Need help with SAW?

Click the **Get Help** button on the SAW website at [secureaccess.wa.gov](https://secureaccess.wa.gov).