



# Healthy happens here

## Welcome to a new year of SmartHealth!

Finding your healthy state starts with the well-being assessment. Complete it to unlock the **SmartHealth** experience and get tailored tips and a personal health report that will help guide you toward better well-being.

**SmartHealth** offers several tools to help you reach your goals:

- **Challenges** – Look for fun wellness challenges throughout the year.
- **Community** – Join your peers in online chats about stress, sleep, exercise, and more.
- **Wellness At Your Side app** – Use **SmartHealth** anywhere, anytime. Visit the Apple App Store or the Google Play Store and search *Wellness At Your Side*. Download it and use the connection code: SmartHealth
- **Incentive tracker** – See how to earn points in different categories and track your progress toward earning a wellness incentive.
- **Daily Habits** – Set and track health goals for exercise, nutrition, sleep, stress, and more.
- **Side Quests** – Write your “why” for working toward a goal. Then, personalize a plan of action and stay motivated with reminders.
- **Activities and Resources** – Explore different activities, get information about medical plan offerings, and learn about various resources.

## Qualify for a \$125 wellness incentive in 2027!

By participating in **SmartHealth**, you can qualify for either a \$125 reduction to your 2027 medical plan deductible or a one-time deposit into your health savings account (HSA) if you are enrolled in the UMP high-deductible health plan (HDHP).

## How do I qualify?

Complete the well-being assessment (worth 800 points) and enough activities of your choice to earn a total of 2,000 points by November 30, 2026.

## Access SmartHealth

Visit *Accessing SmartHealth* at [hca.wa.gov/accessing-smarthealth](https://hca.wa.gov/accessing-smarthealth) for details on how to get started.

## Need help?

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, 6 a.m. to 6 p.m. (Pacific)



Get started at  
[smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov)

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