

Stay *well* during summer break

Make this a self-care summer, a time to recharge, and a time to focus on your well-being. Use your SEBB wellness benefits to support you.

SmartHealth is your voluntary wellness program that supports whole person well-being.

Join activities that support all of you, including managing stress, building resiliency, and adapting to change.

1. Get started or keep earning points at smarthealth.hca.wa.gov.
2. Take the well-being assessment and earn 800 points.
SmartHealth offers activities that align with your assessment outcomes.
3. Qualify. Join and track activities to earn at least 2,000 points by November 30, 2025, to qualify for a **\$125 wellness incentive**.

SmartHealth activities and challenges you might enjoy this summer

Available 6/1/25 to 7/31/25

Summer skin care tips

Learn how to care for your skin during summer.

Start a summer garden

Gardening is a great way to connect with nature, reduce stress, and improve your overall well-being. Starting a summer garden can help you relax, boost your mood, and enjoy fresh, healthy produce.

Plan the perfect summer staycation

Explore tips on how to plan the perfect summer vacation – at home!

Available 7/1/25 to 8/31/25

Sip smarter

Add fruits, veggies, and herbs to water for refreshing hydration.

Try a new recipe

Make the chicken avocado summer wrap recipe at home.

Get outside, get moving

Find ways to add fun and variety to your workout by getting outside. Take advantage of the summer sun and fresh air by adding variety to your workouts with outdoor activities.

More wellness benefits from your SEBB medical plan

Diabetes prevention and management

Learn more about your medical plan's resources on HCA's website at: hca.wa.gov/sebb-diabetes.

Programs to help you live tobacco free

Learn more on HCA's website at hca.wa.gov/tobacco-free-sebb.

Prefer mobile? Download the Wellness At Your Side app.

If you need help logging in, visit: hca.wa.gov/accessing-smarthealth.



smarthealth.hca.wa.gov

Smart  Health