

SmartHealth Giving Campaign (SEBB)

How to use

1. Share the message below between October 1 and November 30, 2025.
2. The message is ready to use as is. You can also tailor it to fit the needs of your organization.

MESSAGE BELOW

**Subject**: Participate in the SmartHealth Giving Campaign before November 30.

Helping others has been shown to improve our mental health and well-being. It can provide a sense of purpose and promote a happier and healthier lifestyle. When you give back and help others, you can make a difference at home, at work, and in your community.

Earn 200 [SmartHealth](https://smarthealth.hca.wa.gov/) points by completing the “SmartHealth Giving Campaign”activity before November 30, 2025. Look for it in the **Activities and Resources** area under featured activities.

**Don’t miss your opportunity** to [qualify](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb#how-to-qualify) for the **$125 wellness incentive** in 2026. Log into [SmartHealth](https://smarthealth.hca.wa.gov/) to complete the well-being assessment (worth 800 points) and reach a total of 2,000 points by November 30.

**Learn more**

* Find information about eligibility, the wellness incentive, and more at [SmartHealth (SEBB)](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb).
* Watch the [SmartHealth Overview](https://www.youtube.com/watch?v=zPIjoSzHzZc) video.
* Get instructions for logging into SmartHealth at [Accessing SmartHealth](https://www.hca.wa.gov/employee-retiree-benefits/accessing-smarthealth).

**END MESSAGE**