# SmartHealth logo

# **What to expect from SmartHealth in January 2026 (SEBB)**

# **How to use**

* Share the message below with employees before December 19, 2025.

**MESSAGE BELOW**

**Subject:** What to expect from SmartHealth in January 2026  
  
Use SmartHealth to enhance your well-being in 2026. [SmartHealth](https://smarthealth.hca.wa.gov) is Washington State's voluntary wellness program that supports you on your journey toward living well. It is included in your PEBB benefits at no cost to you.

In January 2026:

* Your SmartHealth points will return to zero and new activities and resources will become available.
* Start the new year by completing the SmartHealth well-being assessment. It is a short questionnaire that will show you where your well-being stands and guide you toward resources that can help improve it.
* You can [qualify](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb#how-to-qualify) for a $125 wellness incentive in 2027. You must complete the well-being assessment (worth 800 points) and reach 2,000 points November 30, 2026.
* If you met the requirements mentioned above in 2025, then your incentive will be applied by the end of January 2026. In January, look for the “*How do I find my $125?”* activity in the *Activities and Resources* tab in SmartHealth.
* If you waived PEBB medical coverage for 2026, you can access SmartHealth, but you do not qualify for the wellness incentive.

**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).

**Questions?**

* **SmartHealth support**

**WebMD Customer Service  
Online:**[**Contact SmartHealth**](http://www.webmdhealth.com/main/feedback.aspx?spid=860)  
**Phone**: 1-800-947-9541, Monday through Friday, 6 a.m. to 6 p.m. (Pacific)

* **Help with Secure Access Washington (SAW)**  
  Click the **Get Help** button on the [**SAW website**](https://secureaccess.wa.gov/) for help with SAW account creation or access (forgot username/password).

**END MESSAGE**