

Welcome to SmartHealth 2026 message (SEBB)

How to use

1. Share the message below with employees before February 28, 2026.
2. The message is ready to use as is. You can also tailor it to fit the needs of your organization.

**Tip:** Highlight the value of worksite wellness by asking your leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our [Worksite Wellness Roadmap](https://fortress.wa.gov/hca/wawellness/login.aspx) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

MESSAGE BELOW

Subject: Welcome to a new year of SmartHealth.

Healthy happens here.

Finding your healthy state starts with the well-being assessment. Complete it to unlock the

[SmartHealth](http://www.smarthealth.hca.wa.gov) experience and get tailored tips and a personal health report that will help guide

you toward better well-being.Then, discover plenty more health tools.

[**Qualify for a $125 wellness incentive in 2027!**](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb)

By participating in [SmartHealth](http://www.smarthealth.hca.wa.gov), 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.

Register or continue your journey at [SmartHealth](https://www.smarthealth.hca.wa.gov).

Get instructions for logging into SmartHealth at [Accessing SmartHealth](https://www.hca.wa.gov/employee-retiree-benefits/accessing-smarthealth).

**END MESSAGE**