

SmartHealth holiday season guide SEBB)

How to use

1. Share the message below before December 31, 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:** SmartHealth holiday season guide

We all experience the holiday season differently. For some, it’s a time of joy, celebration, and togetherness. For others, it can bring feelings of stress, grief, loneliness, or pressure.

WebMD created the [SmartHealth holiday season guide](https://www.hca.wa.gov/assets/program/SmartHealth-holiday-season-guide.pdf) to help everyone navigate the complexities of the season. This guide uses a gentle approach that respects everyone’s journey and supports their well-being.

Topics include:

* Financial stress and spending
* Grief and loss during the holidays
* Recognizing different traditions
* Navigating family dynamics
* Self-care and body kindness
* Change in routines

**Earn points**

Earn 75 [SmartHealth](https://smarthealth.hca.wa.gov/) points by completing the “SmartHealth holiday season guide” activitybefore December 31, 2025. Look for it in the Activities and Resources tab 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**