

SmartHealth wellness incentive deadline approaching (SEBB)

How to use

1. Share the message below with employees before November 30, 2025.
2. The message is ready to use as is. You can edit it to make it work for your organization.

MESSAGE BELOW

Subject: SmartHealth $125 wellness incentive deadline approaching

Don’t miss your chance to [qualify](https://www.hca.wa.gov/employee-retiree-benefits/sebb-smarthealth#eligible) for the SmartHealth $125 wellness incentive. The deadline is quickly approaching.

**How to qualify**

Eligible SEBB subscribers can qualify for a $125 wellness incentive. Complete the [SmartHealth](https://smarthealth.hca.wa.gov) well-being assessment (worth 800 points) and reach a total of 2,000 SmartHealth points by the deadline.

The deadline for most is **November 30, 2025.** New SEBB medical plan subscribers with a medical effective date in October through December have until December 31, 2025.

**Learn more about SmartHealth**

* Find information about eligibility, the wellness incentive, and more at [SmartHealth (SEBB)](https://www.hca.wa.gov/employee-retiree-benefits/sebb-smarthealth)
* Watch the [SmartHealth overview](https://www.youtube.com/watch?v=zPIjoSzHzZc) video.
* Get activity ideas on the [Reward yourself with SmartHealth flyer](https://www.hca.wa.gov/assets/program/SEBB-reward-yourself-with-SmartHealth-flyer.pdf).
* 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)

* **Need help with Secure Access Washington (SAW)?**  
  Click the **Get Help** button on the [SAW website](https://secureaccess.wa.gov/).

**END MESSAGE**