

Register for The Invitational - message (SEBB)

How to use

1. Share the message below with employees between May 7 and May 20.
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**: Register for The Invitational before May 20.

The Invitational starts soon! Register in [SmartHealth](file:///C%3A%5CUsers%5Cagill%5CDownloads%5Csmarthealth.hca.wa.gov) between May 7 and May 20. Don’t miss out

on the fun!

Register todayat [**SmartHealth**](https://smarthealth.hca.wa.gov/Home)**.**

**How it works**

Join a five-person team and track steps between May 21 and June 24. Your team will compete against a new team each week. The team with the most steps each week wins! You can walk, dance, bike, swim, or stay active any way you like. Use the steps conversion worksheet in [SmartHealth](file:///C%3A%5CUsers%5Cagill%5CDownloads%5Csmarthealth.hca.wa.gov) to convert your activity minutes into steps.

**Earn points**

You can earn 50 SmartHealth points per weekly round. There are 5 weekly rounds. Earn up to 250 points!

Note: Employees are encouraged to participate in this challenge during work breaks or outside of work hours