

Welcome to a new year of [SmartHealth](http://www.smarthealth.hca.wa.gov)!

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.

[SmartHealth](http://www.smarthealth.hca.wa.gov) offers several tools to help you reach your goals:

* **Challenges** – Look for fun wellness challenges throughout the year.
* **Community** – Join your peers in online chats about stress, sleep, exercise, and more.
* **Wellness At Your Side app** – Use [SmartHealth](http://www.smarthealth.hca.wa.gov) anywhere, anytime. Visit the Apple App Store or the Google Play Store and search *Wellness At Your Side*. Download it and use the connection code: SmartHealth
* **Incentive tracker** – See how to earn points in different categories and track your progress toward earning a wellness incentive.
* **Daily Habits** – Set and track health goals for exercise, nutrition, sleep, stress, and more.
* **Side Quests –** Write your “why” for working toward a goal. Then, personalize a plan of action and stay motivated with reminders.
* **Activities and Resources** – Explore different activities, get information about medical plan offerings, and learn about various resources.

[**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.

**Need help?**

Visit [**smarthealth.hca.wa.gov/contact**](http://www.smarthealth.hca.gov/contact) or call WebMD Customer Support at 1-800-947-9541, Monday through Friday, 6 a.m. to 6 p.m. (Pacific)

Register or continue your journey at **smarthealth.hca.wa.gov**

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