

# Reward yourself with SmartHealth

**SmartHealth** is your voluntary wellness program that supports whole person well-being. Participate in activities that support all of you, including managing stress, building resiliency, and adapting to change.

**Each year**, start by completing your well-being assessment. SmartHealth suggests activities that align with your assessment outcomes. Learn more about SmartHealth on HCA's website at [hca.wa.gov/sebb-smarthealth](https://hca.wa.gov/sebb-smarthealth).

Earn points for each activity you complete. Earn a total of 2,000 points by **November 30, 2025**, to qualify for the \$125 wellness incentive.\*

\*For subscribers enrolling in SEBB medical with an effective date in October through December, the deadline is December 31. The \$125 wellness incentive is distributed in 2026 as a reduction to the subscriber's medical deductible, or for UMP High Deductible plan subscribers, a deposit into the health savings account.



## Complete your well-being assessment

*800 points*

Get a better understanding of your physical, emotional, work, and financial well-being.



## SmartHealth Giving Campaign

*200 points*

When we perform selfless acts for others, we help our own well-being.



## Energizer break: Chair yoga

*75 points*

Participate in a beginner-friendly stretch break and boost your energy.



## Poetry for peace of mind

*75 points*

Write poetry to relieve stress, promote relaxation, and articulate emotions.



## Decode your paystub

*75 points*

Take time to review your paystub, deductions, and related benefits.

Smart  Health

[smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov)