

Stay healthy all season long

Enjoy a happy, healthy, and more balanced winter season. Find support prioritizing your well-being with new featured activities from SmartHealth.

Cope with overwhelm



Self-care tool: Spheres of control
Learn about a self-care tool to help you cope with overwhelm.
50 POINTS LEARN MORE

When life feels overwhelming, focus on what you can control. The spheres of control exercise can help you gain clarity and feel empowered to take action where you can. Report completion of the "Self-care tool: Spheres of control" activity by November 30, 2026 to earn 50 points.

Go with your gut



Happy gut, healthy life
Learn about gut health.
75 POINTS LEARN MORE

Your gut does more than digest food. A healthy gut can help lead to sound sleep, healthier skin, improved mental health, and better overall well-being. Report completion of the "Happy gut, healthy life" activity by November 30, 2026 to earn 75 points!

What's your favorite soup?



Soup's on!
Learn why soup is an ideal winter food and get recipe ideas.
75 POINTS LEARN MORE

Nothing says comfort like soup on a cold day! It can help boost your immunity for flu season, keep you hydrated, and add fiber and lean protein to your diet. Report completion of the "Soup's on!" activity by December 31, 2026 to earn 75 points.

Beat the winter blues



Winter wellness tips
Explore ways to stay well this winter.
75 POINTS LEARN MORE

Shorter days, colder temperatures, and busy schedules can make it harder to prioritize well-being. Learn simple strategies to stay healthy this winter. Report completion of the "Winter wellness tips" activity by December 31, 2026 to earn 75 points.

Find these activities and others under *Featured activities* in the *Activities and Resources* tab of SmartHealth located at the top of the homepage. If you're accessing SmartHealth using the Wellness At Your Side app, look for it at the bottom of your screen.

Get started at **smarthealth.hca.wa.gov**.

Get a personalized health report

Complete or retake the well-being assessment to keep track of your health, no matter the time of year.

Complete the well-being assessment at **smarthealth.hca.wa.gov**.

SOURCES
UCHealth: "Improving your gut health improves all aspects of your health, including your mood"
Harvard Health Publishing: "Soup up your diet"