

Your wellness benefits: Helping you and your family

- ✓ Stay healthy
- ✓ Reduce health risks
- ✓ Manage ongoing conditions



What is SmartHealth?

SmartHealth is your voluntary wellness program that supports you on your journey toward living well. Participate in activities designed to help you, including managing stress, building resiliency, and adapting to change.

Get started

Step
1

Go to smarthealth.hca.wa.gov to begin.

Step
2

Complete your well-being assessment to learn your current health status and unlock the full program.

Step
3

Join fun activities, connect with others, and, earn at least 2,000 points to qualify for a \$125 wellness incentive (if eligible).

Learn more

- **PEBB:** hca.wa.gov/pebb-smarthealth
- **SEBB:** hca.wa.gov/sebb-smarthealth

Diabetes prevention and management

Diabetes Prevention Program (DPP)

If you have prediabetes, DPP can lower your risk of developing type 2 diabetes by 58 percent. DPP uses practical, everyday steps that can reverse prediabetes and help prevent type 2 diabetes.

Diabetes management programs

If you have been diagnosed with diabetes, contact your medical plan to find out more about these benefits.

Learn more

- **PEBB:** hca.wa.gov/pebb-diabetes
- **SEBB:** hca.wa.gov/sebb-diabetes

Tobacco cessation programs

Quitting tobacco is one of the best things you can do for your health. Our tobacco cessation programs have helped many people successfully quit tobacco. Let them help you or your loved ones.

Learn more

- **PEBB:** hca.wa.gov/tobacco-free
- **SEBB:** hca.wa.gov/tobacco-free-sebb

About Washington Wellness

Washington Wellness supports employers and organizations that participate in the Public Employees Benefits Board (PEBB) and School Employees Benefits Board (SEBB) programs to build, grow, and sustain effective worksite wellness programs. These include state agencies, higher-education institutions, school organizations, and other public employers. Washington Wellness works with wellness coordinators at these organizations to promote programs and resources including:

- **SmartHealth**
- **Diabetes Prevention Programs and diabetes management programs**
- **Tobacco cessation programs**
- **Wellness program tools and resources**

Find a wellness coordinator at your organization

hca.wa.gov/find-wellness-coordinator

For more information

Contact Washington Wellness

Email: wawellness@hca.wa.gov

Phone: 360-725-1700

