

Find your healthiest state yet

Welcome to the final year of SmartHealth!

Don't miss this chance to use our resources to support you on your well-being journey and earn points to qualify for a wellness incentive. The first step is completing the well-being assessment. In just 10 minutes, you'll get a personalized health report and recommendations.

Explore well-being tools

- **Challenges** – Look for fun wellness challenges throughout the year that can encourage you to:
  - » Learn healthy hydration habits.
  - » Read to reduce stress and stay sharp.
  - » Make physical activity work for you.
- **Community** – Join online chats about different well-being topics.
- **Wellness At Your Side app** – Use **SmartHealth** on the go. Visit the Apple App Store or the Google Play Store and download the *Wellness At Your Side* app. Use the connection code: SmartHealth
- **Side Quests** – Pick a goal, record your "why," and get motivating reminders.

Qualify for a $125 wellness incentive in 2028!

To qualify for the $125 wellness incentive in 2028, you must complete your **SmartHealth** well-being assessment (worth 800 points) and reach 2,000 points by November 30, 2027.

How will I receive my incentive?

The incentive will be either a $125 reduction to your 2028 medical plan deductible or a one-time deposit into your health savings account (HSA) if you are enrolled in a consumer-directed health plan (CDHP). It will be applied by the end of January 2028.

Access SmartHealth

Visit *Accessing SmartHealth* at **hca.wa.gov/accessing-smarthealth** for details on how to get started.

Need help?

If you need help with SmartHealth, visit **smarthealth.hca.wa.gov/contact** or call WebMD Customer Support at 1-800-947-9541, Monday through Friday, 6 a.m. to 6 p.m. (Pacific)

Get started at
smarthealth.hca.wa.gov

WebMD Health Services

SmartHealth