Give A Little, Help A Lot Message (SEBB)

# How to use

1. Share the message below to promote the “Give a little, help a lot” event on SmartHealth, which runs from October 1 through November 30, 2020.
2. The message is ready to use as is or you can edit to make it work for your organization.

**MESSAGE BELOW**

**Email Subject:** Join SmartHealth’s “Give a little, help a lot” event

Giving back and helping others has been shown to be good for your mental health and well-being. Whether you help a neighbor, donate to an organization, volunteer your time, or simply show acts of kindness, it all matters. Giving back helps others, and you.

That is why we started the “Give a little, help a lot” event on SmartHealth. The event runs from October 1 through November 30, 2020. You can earn 200 SmartHealth points by participating. Join today on the [SmartHealth portal](https://smarthealth.hca.wa.gov).

# **Don’t miss out**

You still have time to qualify for the **$125 wellness incentive** by earning 2,000 SmartHealth points by November 30, 2020. [Learn more about SmartHealth for details.](https://www.hca.wa.gov/employee-retiree-benefits/sebb-smarthealth)

Be well,

The SmartHealth Team

*Supporting you on your journey toward living well*

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