

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.

Start by taking your well-being assessment at smarthealth.hca.wa.gov.

SmartHealth suggests activities that align with your assessment outcomes. You can find additional activities under "Topics" in the menu.

Earn points for each activity you complete. Earn a total of 2,000 points by **November 30, 2020**, to qualify for the \$125 wellness incentive.



Complete Your Assessment

800 points

Completing the well-being assessment will help you understand the many dimensions of well-being.



Video: A Beginner's Guide to Mindfulness

100 points

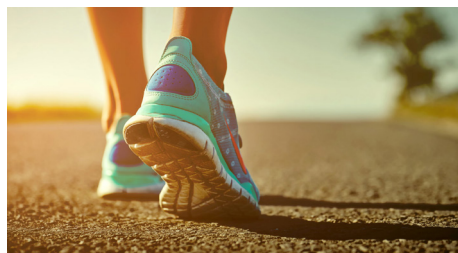
This lesson, taught by Dr. Mary Jo Kreitzer, will help you build your mindfulness practice.



Avoid Impulsive Shopping

200 points

Avoid impulse shopping on at least 10 separate days.



Track 5,000 daily steps

100 points per week

Track a total of 35,000 steps per week.



Stay social with virtual lunches

50 points per week

Track at least 1 virtual lunch each week.



Learn more about SmartHealth on HCA's website at hca.wa.gov/sebb-smarthealth