

Get Involved with a Group



Why join a group?

- Groups help us feel connected.
- A group of people with common goals or interests is an important part of life.
- A sense of connectedness with others strengthens the immune system, reduces anxiety and depression, and boosts self-esteem.

How do I find a group?

If you feel you're lacking a sense of community, think about your passions, interests, and beliefs, then find a way to meet people who also share these interests. Some ideas are volunteering or taking a class at a community college.

Join the "Get Involved with a Group" activity in **SmartHealth** through April 1, 2022. You will earn 150 points for completing this activity.

What is SmartHealth?

SmartHealth is a voluntary wellness program that supports your whole person well-being. It's included in your benefits. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the **SmartHealth wellness incentive**.



Prefer mobile?

Download the Limeade mobile app (**iOS** or **Android**) and enter the code SmartHealth.

Smart  Health
Supporting you on your journey toward living well
smarthealth.hca.wa.gov