

Virtual SmartHealth Washington Moves event

May 16 through
May 27, 2022



Who can participate?

This event is for all eligible SmartHealth participants — all ages and abilities. Any type of movement that gets you breathing harder and your heart beating faster for about 25 minutes at a time counts. Walking, dancing, chair aerobics, rowing, whatever you like.

Why is movement important?

Movement helps your well-being and quality of life. It can:

- Improve mental health by lowering your stress.
- Lower your risk of certain conditions like heart disease, diabetes, and cancer.
- Help with your weight.



Track it!

You'll earn **200 SmartHealth points** for completing the "Washington Moves" activity.

What is SmartHealth?

SmartHealth is included in your benefits and is a voluntary wellness program that supports your whole person well-being. 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 incentives.

Smart  Health

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