

# Take the well-being assessment



Your well-being is important. The SmartHealth well-being assessment helps you get there.

## What is it?

The well-being assessment:

- Asks you to score how you feel about each statement. It's not a quiz. There are no right or wrong answers.
- Takes about 15 minutes to finish. If you are unable to finish all at once, it will save your answers and later, you can pick up where you left off.
- Gives you a complete picture of your physical, emotional, work/life, and financial well-being. You'll become aware of your habits along with areas in need of improvement.
- Taking it is required to qualify for the \$125 wellness incentive. It takes about 15 minutes, and you'll earn 800 points when it's complete.
- You'll discover your strengths and areas to work on.
- The results will customize your SmartHealth experience with activities that match your interests.

## Three reasons to take your assessment each year:

### 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](https://smarthealth.hca.wa.gov)