



Eating breakfast provides energy to power you into your day and help your body perform at its best.

Many people don't know that breakfast is the most important meal of the day. Your body needs energy and nutrients in the morning to start the day. Studies have found that people who regularly eat breakfast are less likely to have high blood pressure and high levels of cholesterol.



Healthy breakfast options

Choose healthy foods rich in protein, vitamins, and minerals like eggs, fruits, vegetables, unsweetened yogurt, and oatmeal. For breakfast ideas, join the "Wake up to health" activity in **SmartHealth** from July 5 through September 30, 2022. You can earn 50 points per week.

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. **Watch a video** to learn how SmartHealth has helped others.

📱 Prefer mobile?

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



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