

STATE OF WASHINGTON

**DEPARTMENT OF CORRECTIONS**

**OFFICE OF THE SECRETARY**

P.O. Box 41101 • Olympia, Washington 98504-1101

July 28, 2017

**TO:** All Staff

**FROM:** Stephen Sinclair, Secretary

**SUBJECT:** Build healthy habits and save money with SmartHealth

As corrections professionals, you treat, counsel, train, teach, and rebuild lives. You devote yourself to others every day, and I want to you to devote time to yourself as well. Your well- being matters to me and I want you to live your best life.

I need you to make time to care for yourself so that you can be your best for the important work we do as well as for your family, friends, and community. Regardless of your specific professional role, you are a key to our agency’s success. Taking time to focus on your own well- being is crucial.

To help us on the journey, let’s use SmartHealth at [www.smarthealth.hca.wa.gov](http://www.smarthealth.hca.wa.gov/).

* SmartHealth has tools for Public Employee Benefit Board (PEBB) subscribers. Whether your focus is more energy, better work/life balance, or lower financial stress, you can use SmartHealth to build habits and skills to help us all be our best.
* Earn your $125 reduction in your PEBB medical deductible by completing your well- being assessment and a couple of other easy SmartHealth activities.
* Only 21% of our eligible 7,700 staff have completed their well-being assessment, and only 12% have earned their $125 incentive. I know saving money is important to most everyone. You have until September 30th to earn the $125 incentive so please login today.

Most importantly, I would like to take the opportunity to remind you about the critical importance of managing stress, and maintaining a work/life balance.

You are as important as the work you do. Thank you for your service.

***“Working Together for SAFE Communities”***