# Washington State Health Care Authority

# *SmartHealth Activity Calendar*

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Washington Wellness
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# *Overview*

How to use the SmartHealth Activity Calendar to complement your worksite wellness efforts.

- What is it
- Why use it
- How

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# First-year review

| Eligible Subscribers | 2015 Totals |
|---|---|
| Registrations | 51,456 (39%) |
| Well-being Assessment | 48,451 (37%) |
| Incentive Qualification | 31,277 (24%) |

Data as of 12/27/15   |   N = 132,373 eligible subscribers

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# *Social potential*

**472,921 Comments in 2015**

Data as of 12/27/15 for eligible subscribers
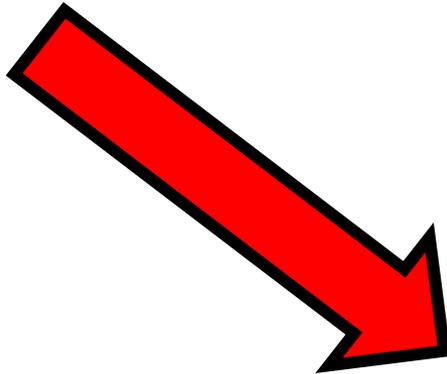
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# *What is it?*

The [SmartHealth Activity Calendar](#) tells you:

- What activities are planned
- When the activities will run
- How many points they are worth
- And more

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# *Find it online*

Go to our [SmartHealth webpage](#).



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**What is SmartHealth?**

SmartHealth is Washington State's voluntary and confidential wellness program. This best-in-class web having fun and connecting with others online. We invested in SmartHealth to complement your worksite and out of the office.

If you are an **employee** looking for PEBB benefits, go to PEBB.

**Get web access**

Give your IT department this Whitelist (web access document) to make sure your staff has web access

**SmartHealth Activities**

Use the SmartHealth Activity Calendar to get familiar with the upcoming activities. If you are interested Form and follow the instructions.

**Tip:** You can create a customized wellness activity without actually requesting one. Start by reviewing promotion you ... want to run. ... can then promote this as your own event, telling employees to on how to make this work, contact wawellness@h...wa.gov.

- **SmartHealth Activity Calendar**
  - 2016 SmartHealth Activity Calendar

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# *Why should I use it?*

Complements your worksite wellness efforts:

- Helps you plan your program
- Gives you useful data
- Integrates SmartHealth's online and social features

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# *Easy to start*

SmartHealth gives you what you need to hit the ground running. No starting from scratch or figuring it out on your own.

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# How can I use it?

Let's use the following scenario:

- You are planning wellness activities for your organization
- You have limited time
- You have limited resources

**Maybe this sounds familiar?**

# *Same custom feel*

Use the calendar to create a customized SmartHealth activity without going through the full regular process of requesting one.

- Save the work for planning a custom SmartHealth activity for your biggest promotions or challenges

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# *What does that mean?*

# *Typical process*

Normally, you would fill out a [SmartHealth Activity Request Form](#) to start the process for your custom activity. Find the form and the details from our [SmartHealth webpage](#).

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# *Try it this way*

Quickly integrate SmartHealth with your worksite wellness efforts by:

1. Knowing your audience
2. Finding a match
3. Promote tracking on SmartHealth

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# *Know your audience*

Find out what your employees are interested in by using:

- SmartHealth Data Dashboard
- A needs or interest survey

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# Activity dashboard

# Popular pick

# *Connect the dots*

***More Veggies*** was popular last year. Now use the current activity calendar to find an activity about food:

- Healthy eating
- Nutrition

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# *Search the calendar*

SmartHealth 2016 Activities Calendar

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| Dates | Name | Short Description | Start Date | End Date | Run Length | Theme | Type | Targeting | Points | Total Points Possible |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | **Annual Challenges** | | | | |
| Annual Challenges | Complete Your Assessment | Complete your Well-being Assessment. | Tue 1/5/16 | Tue 12/27/16 | 51 | Health Risk/Education | IE (1x) | | 800 | 800 |
| | Get a Preventive Care Check up | Visit your primary care provider this year. | Tue 1/5/16 | Tue 12/27/16 | 51 | Health Risk/Education/ Prevention | One-Time | | 200 | 200 |
| | Connect Your Device | Points for connecting your activity tracking device. | Tue 1/5/16 | Tue 12/27/16 | 51 | Engagement | One-Time | | 100 | 100 |
| | Advance Directive | Complete the three parts of an Advance Directive for yourself or a loved one. | Tue 1/5/16 | Tue 12/27/16 | 51 | Education/Awareness | One-Time | | 100 | 100 |
| | Eat Real to Heal | Processed foods are high in sugar and contain all sorts of artificial ingredients leading to a variety of health problems. This activity will help you eat healthier, increasing your nutritional, vitamin and mineral intake. | Tue 1/5/16 | Sun 12/25/16 | 51 | Healthy Habits/Nutrition | Tracking Weekly | | 35 | 1785 |
| | Get Moving | Move for 150 minutes a week. | Tue 1/5/16 | Sun 12/25/16 | 51 | Healthy Weight/ Movement/Physical Activity | Tracking Weekly | | 75 | 3825 |
| | Heal Your Back | Stretch your back for 15 minutes a day at least 3 times per week. | Tue 1/5/16 | Sun 12/25/16 | 51 | Back Health/Stress Relief | Tracking Weekly | | 75 | 3825 |
| | Just Track It | Track your daily activity at least 3 times a week. | Tue 1/5/16 | Sun 12/25/16 | 51 | Education/Awareness | Tracking Weekly | | 75 | 3825 |
| | SmartHealth Program Detective | Watch this video to learn how to navigate the site. | Tue 1/5/16 | Tue 12/27/16 | 51 | Education/Awareness | One-Time | | 200 | 200 |
| | Sleep Well | Improve your sleep. | Tue 1/5/16 | Sun 12/25/16 | 51 | Education/Awareness/ Health | Tracking Weekly | | 100 | 5100 |
| | Visit a State Park | Visit one of Washington's beautiful state parks either by yourself, with a friend or the whole family. | Tue 1/5/16 | Tue 12/27/16 | 51 | Back Health/Healthy Weight/Physical Activity/Stress Relief | Tracking by End Date | | 100 | 100 |
| | Save for Retirement | Contribute to your savings plan. | Tue 1/5/16 | Tue 12/27/16 | 51 | Financial Wellness | One-Time | | 125 | 125 |
| | Introduction to the EAP | Watch the Employee Assistance Program Orientation video or visit the EAP webpage to see information on how to utilize the EAP. | Tue 1/5/16 | Tue 12/27/16 | 51 | Education/Awareness | One-Time | Applicable agencies/ sub-agencies | 100 | 100 |
| | Sign In For the First Time | Awarded automatically for Lite users when they sign in for the first time. | Fri 7/1/16 | Tue 12/27/16 | 26 | Engagement/Incentive | IE (1x) | Lite Subgroup | 1000 | 1000 |
| | Join Your First Activity! | Awarded to Lite users who join an activity. | Fri 7/1/16 | Tue 12/27/16 | 26 | Engagement/Incentive | One-Time | Lite Subgroup | 200 | 200 |
| | | | | | | | | | | 21285 |

# *Find a match*



SmartHealth 2016 Activities Calendar

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| Dates | Name | Short Description | Start Date | End Date | Run Length | Theme | Type | Targeting | Points | Total Points Possible |
|---|---|---|---|---|---|---|---|---|---|---|
| | | **Annual Challenges** | | | | | | | | |
| Annual Challenges | Complete Your Assessment | Complete your Well-being Assessment. | Tue 1/5/16 | Tue 12/27/16 | 51 | Health Risk/Education | IE (1x) | | 800 | 800 |
| | Get a Preventive Care Check up | Visit your primary care provider this year. | Tue 1/5/16 | Tue 12/27/16 | 51 | Health Risk/Education/ Prevention | One-Time | | 200 | 200 |
| | Connect Your Device | Points for connecting your activity tracking device. | Tue | | | | | | 100 | 100 |
| | Advance Directive | Complete the three parts of an Advance Directive for yourself or a loved one. | Tue | | | | | | 100 | 100 |
| | Eat Real to Heal | Processed foods are high in sugar and contain all sorts of artificial ... leading to a variety of health problems ... you eat healthier, ... mineral ... | Tue | | | | | | 35 | 1785 |
| | Get Moving | ...ve for 15... | Tue | | | | | | 75 | 3825 |
| | Heal Your Back | Stretch your back for 15 minutes a day per week. | Tue | | | | | | 75 | 3825 |
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| | SmartHealth Program Detective | Watch this video to learn how to navigate the site. | Tue | | | | | | 200 | 200 |
| | Sleep Well | Improve your sleep. | Tue | | | | | | 100 | 5100 |
| | Visit a State Park | Visit one of Washington's beautiful state parks either by yourself, with a friend or the whole family. | Tue | | | | | | 100 | 100 |
| | Save for Retirement | Contribute to your savings plan. | Tue | | | | | | 125 | 125 |
| | Introduction to the EAP | Watch the Employee Assistance Program Orientation video or visit the EAP webpage to see information on how to utilize the EAP. | Tue | | | | | ...ncies/... | 100 | 100 |
| | Sign In For the First Time | Awarded automatically for Lite users when they sign in for the first time. | Fri 7... | | | | | ...up | 1000 | 1000 |
| | Join Your First Activity! | Awarded to Lite users who join an activity. | Fri 7/1/16 | Tue 12/27/16 | 26 | Engagement/Incentive | One-Time | Lite Subgroup | 200 | 200 |
| | | | | | | | | | | 21285 |

## Eat Real to Heal

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# *Name your promotion*

Make it easy and custom by using the same name.

## Eat Real to Heal

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# *Keep it simple*

Use the other parts of the calendar to create your initial communications such as:

- **Short description:** Make it easy by copying and pasting.
- **Dates:** Tell them when the activity will run on SmartHealth.

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# *Short description example*

Processed foods are high in sugar and contain all sorts of artificial ingredients leading to a variety of health problems. This activity will help you eat healthier, increasing your nutritional, vitamin and mineral intake.

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# *Tie it together*

Finish off the promotion by telling employees when to expect the activity, to log onto SmartHealth, join it, and track their progress.

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# *Work for you*

Let SmartHealth count and track for you. You can incorporate these promotions into your wellness calendar without adding a ton of work.

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# *Add more details*

Once the activity is available
on SmartHealth, log in to:

1. Find that activity
2. Copy and paste these sections:
   - Description
   - Resources
   - Did you know

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# *Enhance content*

- Use the description to add to your communications

- Use the resource links to offer employees tools

- Use the did you know tip or fact to make it interesting

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# *Description example*

Copied directly from the activity:

- Real food - straight out of the ground, right off a plant, not in a package, without a nutrition label - lowers your risk of heart disease, cancer, type 2 diabetes *and* leads to weight loss. To complete this activity, eat only real, whole foods at least five meals a week.

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# *Resources example*

- [100 Days of Real Food](#) (100 Days of Real Food)

- [Real Food Meal Ideas and Resources](#) (100 Days of Real Food)

- [Whole 30 Shopping List](#) (Whole30)

- [Real Food](#) (Organic Authority)

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# *How resources help*

Helps people learn more about it or how to do it. By giving them quick access to tools and ideas, you make the next step easier.

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# *Did you know example*

The typical American diet is 54 percent processed foods and 32 percent animal products.

# *Start to finish*

By following this path, you promoted a wellness activity from beginning to end using only SmartHealth. You offered:

- Clear description
- Resources to build on
- Interesting tip or fact

# *No guesswork*

You don't have to track anything yourself. This doesn't have to be a challenge. You are simply promoting a call to action which is to log on to SmartHealth, join an activity, and track your progress.

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# *Lots of options*

This was just one example of how to use the calendar to integrate SmartHealth with your wellness program. You can follow it step-by-step or add your own flavor to engage your employees in healthy behaviors.

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*Review*

# *What we covered*

How to use the SmartHealth Activity Calendar to complement your worksite wellness efforts.

- Add a custom feel
- Make it easy using what is there
- Gain access to useful data

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# Questions?

# Thank you for your attention

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