**Reward yourself with SmartHealth**

**SmartHealth** is your voluntary wellness program that supports whole person well-being. Participate in activities that support all of you, including managing stress, building resiliency, and adapting to change.

**Each year**, start by completing your assessment. SmartHealth suggests activities that align with your assessment outcomes. Learn more about SmartHealth on HCA’s website at [hca.wa.gov/pebb-smarthealth](http://hca.wa.gov/pebb-smarthealth).

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**Earn points for each activity you complete. Earn a total of 2,000 points by November 30, 2022, to qualify for the $125 wellness incentive.**

*For subscribers enrolling in PEBB medical with an effective date in October through December, the deadline is December 31. The $125 wellness incentive is distributed in 2023 as a reduction to the subscriber’s medical deductible, or for consumer-directed health plan subscribers, a deposit into the health savings account.*

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**Complete your assessment**

800 points

Completing the well-being assessment will help you understand the many dimensions of well-being.

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**Power of positivity**

50 points per week

Learn how to shift your mind out of a negative state and into a more neutral or positive one.

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**Give to others for your well-being**

200 points

Helping others is good for our mental health and well-being. Give back in one or more ways suggested in this activity.

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**Living on a budget**

100 points

Compare strategies and find a budgeting approach that works for you.

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**Get to know someone new at work**

100 points

Building productive relationships at work will help you achieve more and feel more connected. Have lunch with someone new.