**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 well-being assessment. *SmartHealth* suggests activities that align with your assessment outcomes. Learn more about *SmartHealth* on HCA’s website at [hca.wa.gov/sebb-smarthealth](hca.wa.gov/sebb-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 SEBB 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 UMP High Deductible 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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**Need activity ideas?**

**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.