

Smart[]Health

Inspiring a **Healthier** Washington



## Start your wellness journey:

Step **1** ▶ Go to [www.smarthealth.hca.wa.gov](http://www.smarthealth.hca.wa.gov) and click *Get Started*.

Step **2** ▶ Take the *Well-being Assessment* to customize your journey.

Step **3** ▶ Join fun activities to stay engaged and connect with others.

See more details about the SmartHealth program at [www.hca.wa.gov/pebb](http://www.hca.wa.gov/pebb)

# FAQs



## How do I know when I earned enough points to qualify?

Simple—with the SmartHealth website, you can see when you've reached your 2,000 points. No guessing, no calculator needed. SmartHealth takes care of the busy work so you can focus on having fun.



## Do I have to participate in SmartHealth?

No. Participation is entirely voluntary.



## What happens if I don't participate in SmartHealth?

You miss out on the fun and the chance to qualify for a wellness incentive.



## Can I access SmartHealth from my smartphone?

Yes. SmartHealth is available from your computer, tablet, or smartphone.



## Can I visit the SmartHealth website while at work?

Workplace policies vary, so it's best to check with your employer and your supervisor first.



## Who has access to my Well-being Assessment and activity results?

Your individual Well-being Assessment and activity data are private and confidential under the Health Insurance Portability and Accountability Act (HIPAA). This information is only available to you to create your personal activity plan and track your progress.

The PEBB Program and its contracted vendor, Limeade, will receive information about PEBB membership as a whole (not personalized data) to regularly develop and offer activities to meet members' health needs and interests.



## Who can I contact if I have questions?

You can call SmartHealth Customer Service toll-free at 1-855-750-8866 (Monday through Friday, 7 a.m. to 7 p.m. Pacific Time) for questions about the SmartHealth website. For questions about eligibility for the SmartHealth wellness incentive, visit [www.hca.wa.gov/pebb/Pages/wellness.aspx](http://www.hca.wa.gov/pebb/Pages/wellness.aspx) or contact the following:

**Employees:** Your employer's personnel, payroll, or benefits office.

**All other subscribers:** PEBB Benefits Services at 1-800-200-1004.