

SmartHealth Washington Moves event

April 21 through
May 2, 2025



Take the next step toward a healthier you!

The SmartHealth Washington Moves event encourages people of all ages and abilities to get moving! Any movement that gets you breathing harder and your heart beating faster for about 25 minutes at a time counts. Walking, dancing, chair aerobics, rowing, and cycling are a few examples of activities you can do.

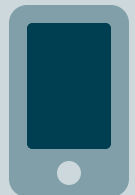
Why is movement important?

Movement helps your well-being and quality of life. It can:

- Improve mental health by reducing depression and anxiety.
- Lower your risk of certain conditions like heart disease, type 2 diabetes, and certain cancers.
- Help strengthen bones and muscles.

Track it

You'll earn **200 SmartHealth points** for completing the "Washington Moves" activity. Plus, if you earn 2,000 total points by November 30, 2025, you can qualify for a \$125 wellness incentive (if eligible).



What is SmartHealth?

SmartHealth is included in your benefits and is a voluntary wellness program that supports your whole person well-being. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for a \$125 SmartHealth wellness incentive.

Visit **Accessing SmartHealth** for help getting started.

Smart  Health

Supporting you on your journey toward living well
smarthealth.hca.wa.gov