



Give to others for your well-being

Did you know the little things you do for others will also help you, too? Helping others has been shown to be good for our mental health and well-being. It can give you a sense of purpose and makes you feel happier and more satisfied about life.

When we give back and help others, we can make a difference at home, at work, and in our communities. Whether you help a neighbor, donate to an organization, volunteer your time, or simply show acts of kindness, it all matters.

By giving back, we help others and ourselves.

Give back

Join the “SmartHealth Giving Campaign” activity on **SmartHealth**. The event runs from September 28 through November 30, 2024. You can earn 200 SmartHealth points by participating.

Don't miss out

You still have time to qualify for the \$125 wellness incentive. Complete your well-being assessment and earn 2,000 SmartHealth points by November 30, 2024. Learn more about **SmartHealth** for details.

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 the SmartHealth wellness incentives.



Prefer mobile? Download the Wellness at Your Side mobile app (**iOS** or **Android**) and enter the code SmartHealth See **Accessing SmartHealth** for step-by-step log in instructions.

Smart  Health

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