



# Grow with a group

## Find support from a wellness professional

We are excited to introduce Coaching Classes by WebMD. It is a new well-being offering for school employees eligible for SEBB benefits. Classes provide support from a WebMD health coach and like-minded community.

During 30-minute live video sessions, you'll join a group of other participants to learn from a coach and engage in meaningful conversations about your well-being interests.

### Thoughtful topics

Choose from helpful classes like:

- Working Out Without Equipment
- Stress Reduction Techniques
- Healthy Boundaries
- Kickstarting the School Year

### Small groups

10 to 20 people per class can help ensure everyone has an opportunity to share their experiences, talk through challenges, and ask questions.

### Expert help

WebMD health coaches hold health-related degrees or certifications, plus specialized training in group coaching.

### Earn SmartHealth points

Coaching pays off in more ways than improved well-being. You will also earn 50 points for each session you attend, up to 150 points. Complete the well-being assessment and earn 2,000 points by the deadline to **qualify for a \$125 wellness incentive** in 2025.

Learn more at [hca.wa.gov/sebb-smarthealth](https://hca.wa.gov/sebb-smarthealth).

### Achieve your goals together

To sign up for Coaching Classes by WebMD, sign into [smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov) and go to *Coaching* from the main menu.

*Limited seats are available. Once all sessions have been filled, we will provide a notice in SmartHealth stating the offer is no longer available.*