

SmartHealth Five to Thrive Challenge message (SEBB)

How to use

1. Share the message below between June 5 and June 26, 2024.
2. The message is ready to use as is. You can also tailor it to fit the needs of your organization.

**Tip:** Highlight the value of worksite wellness by asking your leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our [SmartHealth Worksite Wellness Roadmap](https://www.hca.wa.gov/about-hca/washington-wellness/build-wellness-program) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

MESSAGE BELOW

**Subject**: Eat your way to well-being with the Five to Thrive challenge

Did you know a nutritious diet can help you live a longer, healthier life? Eating a healthy diet is one of your best defenses against disease. By eating at least five servings of fruits and veggies each day, you can help prevent type 2 diabetes, cardiovascular disease, and some cancers.

Use the SmartHealth Five to Thrive 28-day challenge to help you focus on the goal of eating five servings of fruits and veggies each day.

**About the challenge**

The challenge starts June 19 and ends July 16. You must register no later than June 26 to participate.

Indicate whether you were able to meet the goal (yes or no) on at least 21 of the 28 days to earn 150 points!

You can document your progress each day or go back to retroactively report it before the end of the challenge [online](https://smarthealth.hca.wa.gov/) or using the Wellness At Your Side app.

**Learn more about SmartHealth**

* Visit [SmartHealth (SEBB)](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb)
* Watch the [SmartHealth Overview](https://www.youtube.com/watch?v=zPIjoSzHzZc) video
* Review [Accessing SmartHealth](https://www.hca.wa.gov/employee-retiree-benefits/accessing-smarthealth) for step-by-step log on instructions

**END MESSAGE**