

**NEWSLETTER CONTENT**

**Headline:** Try the SmartHealth Community feature

Join a community of peers who support and uplift each other. The Community feature on SmartHealth makes it easy to connect and engage in meaningful group chats, enhancing your journey toward well-being.

The SmartHealth Community offers a space to exchange tips, share experiences, provide support, and engage in focused discussions on health goals. This feature is designed to keep you motivated and connected on your wellness journey.

* **Be Active –** Find exercise partners and learn about local opportunities to get active.
* **Eat Well –** Discover new recipes and ideas for healthy eating.
* **Sleep Tight –** Talk about your sleep struggles and find support to help you get a good night’s rest.
* **Stress Less –** Share strategies for managing stress and achieving a healthy work-life balance.
* **Joyful Longevity –** Learn how your peers stay happy and healthy as they age.

**There’s a Community for everyone. Find yours today.**

Go to [SmartHealth](https://smarthealth.hca.wa.gov) or download the Wellness At Your Side app ([Apple](https://apps.apple.com/us/app/wellness-at-your-side/id957943648) or [Android](https://play.google.com/store/apps/details?id=com.webmd.ways&hl=en)) and enter the connection code: **SmartHealth**.

Visit [Accessing SmartHealth](https://www.hca.wa.gov/employee-retiree-benefits/accessing-smarthealth) for help logging on.