

Register for the SmartHealth Invitational by 4/9 (PEBB)

How to use

1. Share the message below with employees.
2. The message is ready to use as-is or you can edit to make it work for your organization.
3. If needed, finish by adding your contact information, logo, or other customized content.

MESSAGE BELOW

**Subject**: Register for the SmartHealth Invitational between March 27 and April 9, 2024.

Ready to step up your well-being? During The Invitational, you’ll join a team and

compete against others to see who can track the most activity over five weeks. It’s fun,

easy, and can help you achieve better health!

**You must register to participate.**

Register on [SmartHealth](https://smarthealth.hca.wa.gov/) or on the Wellness At Your Side app between March 27 and April 9. The challenge begins April 10.

**Track any activity**

You can walk, dance, bike, swim, or stay active any way you like. A steps conversion chart is available on [SmartHealth](https://webmdhealth.com/hcasmarthealth/). To record your activity, sync your fitness device or enter your steps manually.

**Earn points**

You can earn 50 SmartHealth points per weekly round.

**Download our app**

Use the Wellness At Your Sideapp to register and track your steps during The Invitational.

1. Visit the [Apple App Store](https://apps.apple.com/us/app/wellness-at-your-side/id957943648) or the [Google Play Store](https://play.google.com/store/apps/details?id=com.webmd.ways&hl=en_US&gl=US) and search “Wellness At Your Side.”
2. Download the app and enter the connection code: SmartHealth.

**END MESSAGE**