



Find your healthy state



Welcome to a new year of SmartHealth!

Excited to explore our beautiful national parks? Looking for like-minded people in our bustling cities? With SmartHealth, you'll get the support you need to find your healthy place, no matter your goals.

- **Well-being assessment** – Get a personalized health report in 10 minutes. It will also show you where you are on your incentive journey and how to earn points.
- **Daily Habits** – Set and track health goals. Find Plans that can help with exercise, nutrition, sleep, stress, and more.
- **Challenges** – Join fun wellness challenges! Don't miss The Invitational Team Steps Challenge, Rethink Your Drink, and Seize the Zzzz.
- **Community** – Join your peers in online conversations on topics like stress, sleep, exercise, and more.
- **Wellness At Your Side app** – Access SmartHealth anywhere, anytime. Visit the Apple App Store or the Google Play Store and search Wellness At Your Side. Download it and use the connection code: SmartHealth

Qualify for a \$125 wellness incentive in 2026!

By participating in SmartHealth, you can qualify for a \$125 wellness incentive. Just complete the well-being assessment and enough healthy activities of your choice to earn 2,000 total points by November 30, 2025. The incentive will either be a \$125 reduction to your 2026 medical plan deductible or a one-time deposit into your health savings account if you're enrolled in a UMP High Deductible plan. Learn more about how to qualify at hca.wa.gov/sebb-smarthealth.

Here are a few ways to earn points:

- **800 points** – Complete the well-being assessment (required).
- **200 points** – Join the Million Steps Challenge.
- **25 points** – Watch a video or read an article in the Content Hub.

SmartHealth will offer new activities throughout the year. Look for notices as they become available.

Access SmartHealth

Visit *Accessing SmartHealth* at hca.wa.gov/accessing-smarthealth for details on how to get started.

Need help?

Visit smarthealth.hca.wa.gov/contact or call WebMD Customer Support at 1-800-947-9541, Monday through Friday, 6 a.m. to 6 p.m. (Pacific)

Get started at smarthealth.hca.wa.gov.