

WA Moves Event (SEBB)

How to use

1. Share the message below with employees to invite them to participate in this event happening April 21 to May 2, 2025.
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 [Worksite Wellness Roadmap](https://fortress.wa.gov/hca/wawellness/login.aspx) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

MESSAGE BELOW

**Subject:** Join the SmartHealth Washington Moves event between April 21 and May 2, 2025.

## Take the next step toward a healthier, stronger you!

The SmartHealth Washington Moves event encourages people of all ages and abilities to get moving! Any movement that gets you breathing harder and your heart beating faster for about 25 minutes at a time counts. Walking, dancing, chair aerobics, rowing - whatever you like!

## Why is movement important?

Movement helps your well-being and quality of life. It can:

* Improve mental health by reducing depression and anxiety.
* Lower your risk of certain conditions like heart disease, type 2 diabetes, and certain cancers.
* Help strengthen bones and muscles.

## Track it!

You’ll earn 200 SmartHealth points for completing the “Washington Moves” activity from wherever you are. Plus, if you earn 2,000 total points by November 30, 2025, you can qualify for a $125 wellness incentive (if eligible).

Learn more about SmartHealth on [HCA’s website](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb) and then visit [SmartHealth](https://smarthealth.hca.wa.gov/) to get started! Visit [Accessing SmartHealth](https://www.hca.wa.gov/employee-retiree-benefits/accessing-smarthealth) for help logging on.

**END MESSAGE**