# **What to expect from SmartHealth in January 2025 (SEBB) How to use**

* Share the message below with employees before December 13, 2024.
* The message is ready to use as is or you can edit to make it work for your organization. If needed, finish by adding your contact information, logo, and more.

**MESSAGE BELOW**

# **Subject:** What to expect from SmartHealth in January 2025. [SmartHealth](https://smarthealth.hca.wa.gov) is Washington State's voluntary wellness program that supports you on your journey toward living well. It is included in your SEBB benefits at no cost to you. Use SmartHealth to enhance your well-being in 2025.

# In January 2025:

# SmartHealth will be reset. Points return to zero and new activities and resources will be available.

* Start the new year by completing the SmartHealth well-being assessment. It is a short questionnaire that will show you where your well-being stands and guide you toward resources that can help improve it.
* Subscribers enrolled in a PEBB medical plan can [qualify](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb#how-to-qualify) for a $125 wellness incentive in 2025. You must complete the well-being assessment (worth 800 points) and reach 2,000 points by the November 30, 2025 deadline.
* If you met the requirements to qualify for the incentive in 2024, your incentive will be applied by the end of January 2025. Look for the “*How do I find my $125?”*activity in SmartHealth.
* If you waived PEBB medical coverage or are a spouse or state-registered domestic partner of a PEBB or SEBB subscriber, you can access SmartHealth, but you cannot qualify for the wellness incentive.

**Learn more:**

* Visit [SmartHealth (SEBB).](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb)
* Find step-by-step log on instructions and information about the Wellness At Your Side app at [Accessing SmartHealth](https://www.hca.wa.gov/employee-retiree-benefits/accessing-smarthealth) .
* Watch the [SmartHealth Overview](https://www.youtube.com/watch?v=zPIjoSzHzZc) video.

**Questions?**

* **SmartHealth support**

**WebMD Customer Service  
Online:**[**Contact SmartHealth**](http://www.webmdhealth.com/main/feedback.aspx?spid=860)  
**Phone**: 1-800-947-9541, Monday through Friday, 6 a.m. to 6 p.m. (Pacific)

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