

SmartHealth Washington Moves event (SEBB)

How to use

1. Share the message below with employees to promote the Washington Moves event happening between April 15 and April 26.
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.

**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 [SmartHealth Worksite Wellness Roadmap](https://www.hca.wa.gov/about-hca/washington-wellness/build-wellness-program) 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

Join the virtual SmartHealth Washington Moves event between April 15 and April 26, 2024.

## Who can participate?

This event is for all eligible SmartHealth participants - all ages and abilities. Any type of 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.

**Governor Inslee encourages you to join him.** Watch this [video message](https://www.youtube.com/watch?v=mh7XQ3zVuPc) from the Governor.

## Why is movement important?

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

* Improve mental health by lowering your stress.
* Lower your risk of certain conditions like heart disease, diabetes, and cancer.
* Improve your ability to do everyday activities.

## Track it!

You’ll earn 200 SmartHealth points for participating virtually from wherever you are.

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

**END MESSAGE**