

Coaching Classes by WebMD ready-to-use message (SEBB)

How to use

1. Share the message below with employees.
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: Sign up for Coaching Classes by WebMD

Grow with a group. Join Coaching Classes by WebMD, a new well-being offering for school employees eligible for SEBB benefits. Coaching classes provide support from a WebMD health coach and a like-minded community.

During 30-minute live video sessions, you’ll join a group of other participants to learn from a coach and engage in meaningful conversations about your well-being interests. There are several dates, times, and topics to choose from.

**Thoughtful topics**

Choose from helpful classes like:

* Working Out Without Equipment
* Stress Reduction Techniques
* Healthy Boundaries
* Kickstarting the School Year

**Small groups**

10 to 20 people per class can help ensure everyone has an opportunity to share their experiences, talk through challenges, and ask questions.

**Expert help**

WebMD health coaches hold health-related degrees or certifications, plus specialized training in

group coaching.

**Earn SmartHealth points**

Coaching pays off in more ways than improved well-being. You will earn 50 points for each session you attend, up to 150 points. Complete the well-being assessment and earn 2,000 points by the deadline to [qualify for a $125 wellness incentive](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb#how-to-qualify) in 2025.

Learn more at [**SmartHealth (SEBB)**](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb)**.**

**How to sign up**

To sign up for Coaching Classes by WebMD, sign into [**SmartHealth**](https://smarthealth.hca.wa.gov/) and go to *Coaching*from the main menu.

*Limited seats are available. Once all sessions have been filled, we will provide a notice in SmartHealth stating the offer is no longer available.*

END MESSAGE