

The Invitational is coming - message (SEBB)

How to use

1. Share the message below with employees before May 7.
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**: Get ready to register for The Invitational

The Invitational is back! Registration opens soon. Join a team and compete against others to see who can track the most activity over five weeks.

Register on [SmartHealth](http://www.smarthealth.hca.wa.gov/) or on the Wellness At Your Side app between May 7 and May 20. The challenge begins May 21.

**How it works**

Join a five-person team and track steps between May 21 and June 24. Your team will compete against a new team each week. The team with the most steps each week wins!

**Track any activity**

You can walk, dance, bike, swim, or stay active any way you like. Use the steps

conversion worksheet to convert your activity minutes into steps. To record

your activity, sync a fitness device or enter your steps manually in [SmartHealth](http://www.smarthealth.hca.wa.gov/).

**Earn points**

You can earn 50 SmartHealth points per weekly round. There are 5 weekly rounds. Earn up to 250 points!

**Download our app**

Use the Wellness At Your Side app to register and track your steps during The Invitational.

Visit the [Apple App Store](https://apps.apple.com/us/app/wellness-at-your-side/id957943648) or the [Google Play Store](https://play.google.com/store/apps/details?id=com.webmd.ways&hl=en_US&gl=US) and search “Wellness At Your Side.”

Download the app and enter your connection code: SmartHealth

Note: Employees are encouraged to participate in this challenge during work

breaks or outside of work hours.

END MESSAGE