Stay Well During Summer Break (SEBB)

# How to use

1. Share the message below and attach the “Stay Well During Summer Break” flyer before the school year ends to encourage employees to use SmartHealth to support their well-being.
2. The message is ready to use as is or you can edit to make it work for your organization.

**MESSAGE BELOW**

**Subject/header:** Stay well during summer break

As the end of the school year nears, we encourage you to make the most of your summer break by prioritizing your well-being. Take time to recharge, practice self-care, build resilience, and focus on yourself.

Attached is a [flyer](https://www.hca.wa.gov/assets/program/SEBB-flyer-stay-well-during-summer-break.pdf) outlining SEBB wellness resources available to support you. Make sure to explore [SmartHealth](http://smarthealth.hca.wa.gov/Home) and watch for new activities added throughout the summer.

**Qualify for a $125 wellness incentive in 2026!**

Eligible subscribers can qualify for a $125 reduction off their medical plan deductible, or a one-time deposit into their health savings account (HSA) if enrolled in the UMP high-deductible health plan (HDHP). Complete the well-being assessment and other activities to earn a total of 2,000 points by November 30, 2025.

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

Thank you for all you do!

The SmartHealth Team

*Supporting you on your journey toward living well*

**[](https://smarthealth.hca.wa.gov/)**