

Wellness at Your Side app (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**: Download the Wellness At Your Side app

Crafted with convenience in mind, the Wellness At Your Side app empowers you with all the

well-being tools and resources available through SmartHealth. Whether you're on a journey to manage stress, improve fitness, or expand your health wisdom, the app is here to support you every step of the way.

Take charge of your health, make progress on your recommended action plan, and complete activities to [qualify for a $125 wellness incentive](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb#how-to-qualify). It's a comprehensive resource that's always with you, helping you make healthier choices throughout your day.

**Download the app**

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

**2.** Download the app and enter the connection code: **SmartHealth**.

**3.** Register and personalize your experience by answering a few questions.

**Learn more**

* Visit [SmartHealth (SEBB)](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb)
* Review [Accessing SmartHealth](https://www.hca.wa.gov/employee-retiree-benefits/accessing-smarthealth) for step-by-step log on instructions
* When you’re ready, log into [SmartHealth](https://smarthealth.hca.wa.gov/)

**END MESSAGE**