

## Welcome to a new year of SmartHealth!

SmartHealth can help you discover better well-being. Find balance in the beauty of nature,

discover a moment of peace in the city, and much more!

Get started with our tools:

* **Well-being assessment** - Get a personalized health report in 10 minutes. It will show you where you are on your well-being journey.
* **Daily habits** - Set and track health goals. Find Plans that can help with exercise, nutrition, sleep, stress, and more.
* **Challenges** - Join fun wellness challenges! Don’t miss *The Invitational Team Steps Challenge*, *Rethink Your Drink* *Water Challenge,* and *Seize the Zzzz* *Sleep Challenge.*
* **Community** – Join your peers in digital conversations on topics like stress, sleep, exercise, and more.
* **Wellness At Your Side app** – Access SmartHealth anywhere, anytime. Visit the Apple App Store or the Google Play Store and search *Wellness At Your Side*. Download it and use the connection code: SmartHealth

Watch for more ways SmartHealth can support you in 2025.

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

By participating in SmartHealth, you can qualify for a $125 wellness incentive. Just complete the well-being assessment and enough healthy activities of your choice to earn 2,000 total points by November 30, 2025.

The incentive will either be a $125 reduction to your 2026 medical plan deductible or a one-time deposit into your health savings account if you are enrolled in a consumer-directed health plan (CDHP). Learn more at **hca.wa.gov/sebb-smarthealth**.

Here are a few ways to earn points:

* **800 points –** Complete the well-being assessment (required).
* **200 points** – Join the Million Steps Challenge.
* **25 points** – Watch a video or read an article in the Content Hub.

SmartHealth will also offer featured activities throughout the year. Watch for notices about new activities as they become available.

**Need help?**

Visit **smarthealth.hca.wa.gov/contact** or call WebMD Customer Support at 1-800-947-9541, Monday through Friday, 7 a.m. to 7 p.m. (Pacific).

**Get started today**

Register or continue your journey at **smarthealth.hca.wa.gov**.