

**SmartHealth: Where healthy happens**

Take time to focus on your well-being and find your healthy place each day with SmartHealth.

Think of it as a daily reset -a chance to breathe, find balance, and put your well-being first.

Because when you feel your best, you can be your best for the students at your school and the

loved ones in your life. Plus, you can qualify for a wellness incentive in 2026!

We can help with stress, burnout, sleep, diet, exercise, and much more. Discover the resources that resonate with you:

* **Well-being assessment** – Get a personalized health report in 10 minutes. It will also show you where you are on your incentive journey and how to earn points.
* **Challenges** – Join fun wellness challenges! Don’t miss The Invitational Team Steps and Rethink Your Drink Challenges.
* **Community** – Join your peers in online conversations on topics like stress, sleep, exercise, and more.
* **Activities** – Join a variety of holistic well-being activities that are available throughout the year.
* **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

**Qualify for a wellness incentive in 2026**

Qualify to receive a $125 wellness incentive that is applied toward your 2026 medical plan deductible, or a one-time deposit into your health savings account (HSA) if you’re enrolled in a UMP high-deductible health plan (HDHP). You can use that HSA money to cover co-payments for doctor’s appointments, prescription glasses and much more.

Learn more about qualifying for the incentive at [**hca.wa.gov/sebb-smarthealth**](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb)**.**

**Get started today**

Rediscover your healthiest state with tools from SmartHealth! Find support to help you manage stress, beat burnout, and make more time to focus on your personal well-being.

Register for SmartHealth or continue your journey at [**smarthealth.hca.wa.gov**](https://smarthealth.hca.wa.gov/).