

Reward yourself with SmartHealth

SmartHealth is your voluntary wellness program that supports whole person well-being. Participate in activities that support all of you, including managing stress, building resiliency, and adapting to change.

Each year, start by completing your well-being assessment. SmartHealth suggests activities that align with your assessment outcomes. Learn more about SmartHealth on HCA's website at hca.wa.gov/sebb-smarthealth.

Earn points for each activity you complete. Earn a total of 2,000 points by **November 30, 2024**, to qualify for the \$125 wellness incentive.*

*For subscribers enrolling in SEBB medical with an effective date in October through December, the deadline is December 31. The \$125 wellness incentive is distributed in 2025 as a reduction to the subscriber's medical deductible, or for UMP High Deductible plan subscribers, a deposit into the health savings account.



Complete your assessment

800 points

Get a better understanding of your physical, emotional, work, and financial well-being.



Join the million steps challenge

200 points

Track 1 million steps in 2024.



SmartHealth Giving Campaign

200 points

When we perform selfless acts for others, we help our own well-being.



Clear your workspace to clear your head

100 points

Tidy up your workspace.



Ways to make a quick financial fix

50 points

Try to reduce one recurring expense.

Smart  Health

smarthealth.hca.wa.gov