

Your wellness benefits: Helping you- and your family

- ☑ Stay healthy
- ☑ Reduce health risks
- ☑ Manage ongoing conditions



What is 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.

Why SmartHealth?

SmartHealth uses a whole-person approach across physical, emotional, financial, and work/life areas.

Get started



Step
1

Go to smarthealth.hca.wa.gov to begin.



Step
2

Complete your well-being assessment to customize your experience and learn your current health status. This is required to qualify for the incentive.



Step
3

Join fun activities, connect with others, and earn points towards a \$125 wellness incentive

Diabetes prevention and management

Diabetes Prevention Program (DPP)

If you have prediabetes, DPP can cut your risk of developing type 2 diabetes by 58 percent. DPP uses practical, everyday steps that can reverse prediabetes and help prevent type 2 diabetes.

Diabetes management support

If you have been diagnosed with diabetes, contact your medical plan to find out more about these benefits.

Learn more

Diabetes programs for:

- **PEBB:** hca.wa.gov/pebb-diabetes
- **SEBB:** hca.wa.gov/sebb-diabetes

Tobacco cessation programs

Quitting tobacco is one of the best things you can do for your health. Our tobacco cessation programs have helped many people successfully quit tobacco. Let them help you or your loved ones.

Learn more

Tobacco cessation for:

- **PEBB:** hca.wa.gov/tobacco-free
- **SEBB:** hca.wa.gov/tobacco-free-sebb

About Washington Wellness

Washington Wellness supports employers and organizations that participate in the Public Employees Benefits Board (PEBB) and School Employees Benefits Board (SEBB) programs to build, grow, and sustain effective worksite wellness programs. These employers and organizations include state agencies, higher-education institutions, school organizations, and other public employers. Washington Wellness works with wellness coordinators at these organizations to promote programs and resources including:

- **SmartHealth**
- **Diabetes Prevention Program and diabetes management services**
- **Tobacco cessation programs**
- **Wellness program tools and resources**
- **Healthy Worksite Summit**

Find a wellness coordinator at your organization

hca.wa.gov/find-wellness-coordinator

For more information

Contact Washington Wellness

Email: wawellness@hca.wa.gov

Phone: 360-725-1700

