

The New SmartHealth Experience Training

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Why A New SmartHealth Experience?

- 1. Simplify Personalize the employee experience with a one-stop-shop
- 2. Be Efficient Access more in one place
- **3. Give Choice** Opt-in or opt-out of communications



Getting Started As easy as 1, 2, 3

The New SmartHealth Experience



Step 1: Download the Limeade ONE App



Optional QR code





Enter "SmartHealth (State of Washington Employers)"

Limeade

Step 2: Find Your Account



irst, let's find your ccount	Find Account
ease tell us who you are and we'll find your	Register Account
elp me find my information 👔	Now provide your email and password register your account.
.ast Name	Register Email
	Password
Jnique ID	Confirm password
Find Account Already registered? <u>Sign in</u> .	 I agree and accept the <u>Terms of Ser</u> <u>Privacy Policy</u> Register Account
	Already registered? <u>Sign in</u> .

Enter validation points and click Find Account Set an email address & password for future logins and check Agree to Terms of Service & Privacy Policy



Step 3: Multi-Factor Authentication (MFA) Enrollment

Smart [] Health	Smart[]++ealth	Smart[]++ealth
Secure Your Account	Secure Your Account	Verify Your Identity
Enter your country code and phone number to which we can send a 6-digit code:	Enter your country code and phone number to which we can send a 6-digit code:	We've sent a text message to:
United States, US, +1 >	United States, US, +1 >	+1 3166801992
	3166801992	209833
Text message Voice call	How do you want to receive the code?	Continue
		Didn't receive a code? Resend or get a
Continue Try another method	Continue Try another method	Don't have an account? Sign up
Don't have an account? Sign up	Don't have an account? Sign up	

Enter your phone number to receive a code for MFA enrollment

Select whether you want to receive the code by text or voice call* (default is text). Click Continue.

Enter the code you received and click continue.

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SmartHealth Tour



SmartHealth Home Page



1. See activities you have joined and easily track from the home page.

2. My Updates provides relevant, important and community information. Join the conversation by commenting or liking posts.

3. My Points shows your current point status, My Choice points and reward level.

Discover SmartHealth Activities



Discover new activities designed to encourage you to maintain or create healthy habits.

SmartHealth activities fit into one or more of the following wellbeing dimensions:

- Physical Well-Being
- Emotional Well-Being
- Financial Well-Being
- Work Well-Being

Discover SmartHealth Activities

Smart CHERREN	DISCOVER MY RESULTS MY POINTS SERVICES MANAGE	• Opoints 🛓 •
Discover Featured Activity The Wall Sit Cha Recommended by Smart	 APR 6 - DEC 28 Take a Break from the Screen use the 20-20-20 rule 3 times About this activity Hyou spend a lot of time staring at a computer monitor or screen, your eyes may start to feel strained, tired or even experience blurry vision. To protect your eyes and exercise your vision, look away from your monitor throughout the day and stare at a distant object. Eye doctors refer to this guideline as the "20-20-20 rule" and advise looking at something at least 20 feet away, for about 20 seconds, every 20 minutes. This will help rest your eyes from the screen and also cause you to blink more, which helps lubricate the eyes. Try this new habit 3 times a week. A styour default privacy settings for this activity. You can always for more thange it from the tracking section.	x int int int int int int int int
Alzheimer's Disease – Know the Facts	GET STARTED > Mind Your Risks for Diabetes and Dementia Developing Dementia O O O O O O O	Celebrate Juneteenth

1. My Choice activities are easy to identify.

2. When joining an activity, you can select if Everyone can see your participation or only you.
When you click "Get
Started" the activity will be visible on the Home page.





False Hunger? Have a Glass of Water

Well-Being Assessment

Smart							
	Welcome to the Well-Being Assessment!						
FAQ Your answers are completely confidential and will not be shared with your employer.							
Frequently asked questions Why should I answer these questions? How long will this take? What if I don't know my health numbers?	 Learn more about yourself in 6 life areas Review results with tailored recommendations for you Takes just 10-20 minutes Your answers are confidential You don't have to answer any optional questions to complete the assessment 						
Are my answers really confidential? How will my information be used?	Take it now Back to Home						
© 2022 Limeade Cu:	Ustomer Service 855-750-8866 FAQs PEBB/SEBB Reasonable Alternative Standard PEBB/SEBB Terms of Service Privacy Statement						

Completing the Well-Being Assessment allows SmartHealth to recommend activities based on areas you would like to work on.

It's also a great way to see yearover-year progress.

Services At Your Fingertips

		•			
Smart	Health HOME DIS	COVER MY RESULTS MY	POINTS SERVICES MANAGE -	🌲 💿 - 0 points	. <u>*</u> -
My T	Fools				
	My Results	Invite A Colleague or Spouse/Partner			
SEBI	B Benefits & Resource	25			
	Diabetes Prevention	Living Tobacco Free	Medical Plans & Benefits	Dental Plans & Benefits	
	00	i	?		() Help
				-	

Easily access your benefits and resources in one, easy to find place.



Just For Wellness Coordinators



Coming Soon

A place for Wellness Coordinators that allows you to:



<u>Hear More</u> Share and see best practices



Know More Access to usable wellbeing related content



Stay tuned for updates and how to join in



Thank you!

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Appendix



Consents + First Time Login Steps



Consent

Set & Confirm PIN (app only) Set Touch/Face ID (optional; app only) Set Push Notifications/Home (optional; app only)

Returning Login steps



In between MFA verifications, users can return to the app easily by using their Touch/Face ID (if set), or their PIN.

