

SmartHealth Activity Tile Library (2020)



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What is the SmartHealth Activity Tile Library?

The SmartHealth Activity Tile Library contains the SmartHealth activity tiles planned for calendar year 2020. The tiles include important information about activity tile such as:

1. Name of the activity tile.
2. Dates of the activity tile.
3. SmartHealth Dimensions that the activity supports.
4. The intended audience.
5. The points / rewards earned for completing the activity.
6. Short description details.
7. Long description details.
8. Other details of the activity (e.g. team activity, device-enabled activity, health observance, photo of what the tile looks like, etc.)

How can I use the SmartHealth Activity Tile Library?

Use the SmartHealth activity tile library to:

1. Plan your 2020 SmartHealth activities for your organization.
2. Promote during a specific time.
3. Use the activity tile content to create and personalize messages and information to your organization.
4. Share ideas with other Wellness Coordinators and learn how they promote SmartHealth Activities at their organizations.

How do I find more resources to build my wellness program?

[Washington Wellness](#) helps organizations participating in the [Public Employees Benefits Board \(PEBB\) Program](#) and the [School Employees Benefits Board \(SEBB\) Program](#) to build, grow, and sustain effective wellness programs. Washington Wellness supports all PEBB and SEBB insured employees to:

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

Go to the Washington Wellness [SmartHealth for PEBB](#) or [SmartHealth for SEBB](#) to find more resources and ideas to help build your wellness program.

For help with these resources or for more ideas, contact Washington Wellness:

- Webpage: <https://www.hca.wa.gov/about-hca/washington-wellness>
- Email: wawellness@hca.wa.gov
- Phone: 360-725-1700

Annual Activities Tiles: January 3—December 31

Join the SmartHealth Community

Join the SmartHealth Community
January 3, 2020 - December 31, 2020

REWARD
50 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual


STRATEGY TEXT
To complete this, complete your community feed profile.

Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

FIT WITH CULTURE	SENSE OF TEAM	APPRECIATING LIFE	KNOWING YOURSELF
BELIEF IN ORGANIZATION			

PAGE FILTERS
Default
"Default" equates to both "Home" and "Dimension" pages



Join the SmartHealth Community

0 0 **50 pts**

Jan. 3, 2020 - Dec. 31, 2020 **50 pts**

Join the SmartHealth Community

To complete this, complete your community feed profile.

About this activity

[SmartHealth Community](#) is a way to connect and share well-being with each other. Post updates and photos of team events, personal wins or well-being and engagement in your workplace. Be sure to complete your personal profile and follow friends in your feed. To get started, click on the Feed tab in the navigation bar of your program or if you're using the iOS app, scroll to the bottom of the Improve tab.

More Information

Formal and informal social networks provide opportunities for well-being and engagement improvement. The SmartHealth Community Feed supports well-being and engagement improvement by:

- Building communities that foster team and peer support by allowing users to share personal or work successes
- Encouraging employee community and peer support through interactive posts
- Connecting employees and fostering collaboration to help employees see themselves as part of something bigger

Take SmartHealth with You (download the app)

Take SmartHealth with You
January 3, 2020 - December 31, 2020

REWARD
100 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual


STRATEGY TEXT
To complete this, **download the Limeade app.**

Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

[RESOURCES & SUPPORT](#)

PAGE FILTERS
Default
"Default" equates to both "Home" and "Dimension" pages



Take SmartHealth with You

100 pts

Jan. 3, 2020 - Dec. 31, 2020 100 pts

Take SmartHealth with You

To complete this, **download the Limeade app.**

About this activity

Check in on your well-being wherever you are! Download the Limeade iOS or Android app, and stay on top of your goals. Check out the Limeade Daily feature, which will ask daily questions and allow you to chart your progress over time. Once you download the app, use SmartHealth program code to view, join and track the activities in your program.

More Information

The Limeade iOS or Android app makes it easy to join activities, check your progress and stay on track.

Simply follow these steps:

1. Open the App Store on your iPhone or the Google Play Store on your Android device.
2. Search for "Limeade" and download.
3. Open the app and enter the program code: **SmartHealth**.
4. Sign in with your username (or email address) and password.

What can you do in the app?

- Explore and join challenges
- Track your activities on the go
- Connect your devices and apps
- Check out your points and rewards
- Share your progress and accomplishments with others
- View personal well-being trends and insights
- Discover new ideas for positive change

Be sure to check out the Limeade Daily feature. Every day, answer a few simple questions, like, "How is work?" or "How did you sleep?" These answers are then mapped to a graph that you can explore to gain insights about your life. You can also find little ideas for new habits to try.

Questions? Contact support@limeade.com

Get Connected - Sync Your Device

Get Connected - Sync Your Device
January 3, 2020 - December 31, 2020

REWARD
50 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual


STRATEGY TEXT
To complete this, connect your tracking device.

Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

EXERCISE & FITNESS HEALTHY WEIGHT HEART HEALTH

PAGE FILTERS
Default
"Default" equates to both "Home" and "Dimension" pages



Get Connected - Sync Your Device

0 0 50 pts

Jan. 3, 2020 - Dec. 31, 2020 50 pts

Get Connected - Sync Your Device

To complete this, connect your tracking device.

About this activity

Do you know your level of fitness or physical movement each day? Although everyone has a different idea of what fitness means to them, you can reach your goals better with the help of a tracking device. [Connect your device](#) to your specific activity so that you can automatically track how much you move each day.

More Information

Different tracking devices measure different physical activities, so you should get to know which device will work best for your own individual fitness goals. For example, pedometers help you track steps and distance, while session trackers help you track distance and minutes. There are also devices that sync to other types of movement, like wheelchair fitness exercises or heart rate levels. Trackers worn on the hip seem to be most accurate at tracking steps (for accuracy, calibrate your tracker to the length of your stride). For this activity, find the right device tracker to match your fitness goals and connect it to your program.

Track 5,000 Daily Steps

Track 5,000 Daily Steps

January 3, 2020 - December 31, 2020

REWARD

100 pts/wk (5,200 pts)

ACTIVITY TYPE

- Participation: Individual
- Tracking: Numeric
- Report Type: Manual, Device

STRATEGY TEXT

To complete this challenge, exercise at least 35,000 steps each week.

LEADERBOARDS

Demographic Tag: No value

Individual Leaderboard is included when a Tag is selected

DIMENSIONS

ENERGY LEVEL EXERCISE & FITNESS HEALTHY WEIGHT HEART HEALTH

PAGE FILTERS

Default

"Default" equates to both "Home" and "Dimension" pages



Track 5,000 Daily Steps

0 0

100 pts/wk



Jan. 3, 2020 - Dec. 31, 2020

100 pts/wk

Track 5,000 Daily Steps

To complete this challenge, exercise at least 35,000 steps each week.

About this activity

For this activity, track 5,000 steps each day, for a total goal of 35,000 steps per week. Moving your body is critical for good health, especially if your job has you sitting all day. Getting up and moving as much as possible is important. Even micro movements, like standing and moving while talking on the phone, parking further away from your destination, cleaning your house or walking up and down every aisle in the grocery store can add steps to your daily tracker. While at work and at home, try moving your body more to hit your daily 5,000 steps goal.

Invite Your Spouse/Partner to SmartHealth

Invite Your Spouse/Partner to SmartHealth

January 3, 2020 - December 31, 2020

REWARD
50 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual

STRATEGY TEXT

To complete this, invite your spouse or partner to join SmartHealth.

DEMOGRAPHIC TAG TARGETING

- RelationshipCode: 0


Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

POSITIVE LIVING	CONCERN FOR OTHERS	POSITIVE RELATIONSHIPS
WORK-LIFE BALANCE	RESOURCES & SUPPORT	

PAGE FILTERS

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"Default" equates to both "Home" and "Dimension" pages



Invite Your Spouse/Partner to SmartHealth

0 0 **50 pts**

Jan. 3, 2020 - Dec. 31, 2020 **50 pts**

Invite Your Spouse/Partner to SmartHealth

To complete this, invite your spouse or partner to join SmartHealth.

About this activity

Great news! Your spouse/state-registered domestic partner is eligible to join SmartHealth and participate in well-being activities, tools, and resources too! Investing in your well-being and your spouse/state registered domestic partner can positively impact your relationship and quality of life. That's why we started SmartHealth - the state of Washington's voluntary, secure, easy-to-use website that supports you on your journey toward living well.

More Information

So what are you waiting for? Encourage your spouse/state registered domestic partner to join you in achieving personal well-being goals by registering today at smarthealth.hca.wa.gov.

Questions? Email support@limeade.com.

Introduction to the EAP

Introduction to the EAP

January 3, 2020 - December 31, 2020

REWARD

50 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual

STRATEGY TEXT

To complete this, explore the EAP resources listed here.

DEMOGRAPHIC TAG TARGETING

- Facility: ADMIN FOR THE COURTS, ADMIN HEARINGS OFFICE, ATTORNEY GENERAL, BD OF INDUSTRIAL APPEALS, BELLEVUE COMM COLLEGE, CASCADIA CC, CENTRALIA COLLEGE, CLOVER PARK TECH COLLEGE, CNTR CHILDHOOD DEAFNESS, CONSOLIDATED TECH SERV, COURT OF APPEALS, DEPARTMENT OF HEALTH, DEPT LABOR & INDUSTRIES, DEPT NATURAL RESOURCES, DEPT OF AGRICULTURE, DEPT OF COMMERCE, DEPT OF CORRECTIONS, DEPT OF EARLY LEARNING, DEPT OF ECOLOGY, DEPT OF ENTERPRISE SVS, DEPT OF FINANCIAL INST, DEPT OF FISH & WILDLIFE, DEPT OF RETIREMENT SYS, DEPT OF TRANSPORTATION, DEPT OF VETERANS AFFAIRS, DEPT REVENUE, DEPT SERVICES FOR BLIND, DEPT/LICENSING, EASTERN WA UNIVERSITY, EMPLOYMENT SECURITY DEPT, EVERETT COMM COLLEGE, EVERGREEN STATE COLLEGE, GAMBLING COMMISSION, GRAYS HARBOR COLLEGE, GREEN RIVER COMM COLLEGE, HEALTH CARE AUTHORITY, HIGHLINE COMM COLLEGE, LIQUOR CONTROL BOARD, MILITARY DEPARTMENT, OFF OF FINANCIAL MGMT, OLYMPIC COMM COLLEGE, PARKS / RECREATION COMM, PENINSULA COLLEGE, PIERCE COLLEGE, S PUGET SOUND COMM COLL, SECRETARY OF STATE, SHORELINE COMM COLLEGE, SOCIAL & HEALTH SERVICES, ST SCHOOL FOR THE BLIND, STATE AUDITOR, STATE BD FOR COMM COLL, STATE INVESTMENT BOARD, STATE SENATE, STATE TREASURER, STUDENT ACHVMNT COUNCIL, SUP OF PUB INSTRUCTION, SUPREME COURT, TACOMA COMM COLLEGE, UTILITIES/TRANS COMM, WASHINGTON STATE LOTTERY, WASHINGTON STATE PATROL, WASHINGTON STATE UNIV, WESTERN WASH UNIV, WHATCOM COMM COLLEGE, WA ST DAIRY PRODUCTS COM, PORT OF BENTON, PORT OF GRAYS HARBOR, PORT OF PORT ANGELES, RENTON TECHNICAL COLLEGE, SEATTLE COMM COLLEGE, HOUSE OF REPRESENTATIVES, OFFICE OF LEG SUPPORT

Demographic Tag:

Individual Leaderboard is included when a Tag is selected

DIMENSIONS

- RESOURCES & SUPPORT
- MANAGING DEPRESSION
- MANAGING STRESS & ANXIETY
- SELF-CARE

PAGE FILTERS

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*Default equates to both "Home" and "Dimension" pages



Introduction to the EAP

0 0

50 pts

Jan. 3, 2020 - Dec. 31, 2020

50 pts

Introduction to the EAP

To complete this, explore the EAP resources listed here.

About this activity

The Washington State Employee Assistance Program supports the wellbeing of public employees to promote a resilient and productive workforce. To complete this activity, watch a recorded EAP Orientation webinar, sign up for a live webinar, or visit our webpage to find information on how you can utilize the Employee Assistance Program.

More Information

The Washington State Employee Assistance Program (EAP) helps public employees address personal and work-related problems through free, confidential consultation and support. In the course of our careers, we all experience situations that affect our capacity to perform well on the job. EAP provides short-term, solution-focused assistance to employees and their adult family household members. If additional help is needed, EAP will connect you to resources for ongoing support. You can set up an appointment easily by calling EAP directly. Participation in EAP is always free, voluntary, and confidential—no referral is needed by a supervisor or HR.

Resources:

- Watch a [recorded EAP Orientation webinar](#)**
- Sign up for a [live webinar](#)
- Visit the [EAP webpage](#)

**For employees without access to YouTube on state computers, simply register in LMS for an EAP overview.

SEBB Only SmartHealth Activity Tiles

What is Wellness? January 3—July 3 (SEBB ONLY)

What is Wellness?
January 3, 2020 - July 3, 2020

REWARD
100 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual

STRATEGY TEXT
To complete this, learn about the basics of wellness and well-being.

DEMOGRAPHIC TAG TARGETING

- BargainingUnit: LITE-SEBB, REGULAR-SEBB

Demographic Tag:
Individual Leaderboard is included when a Tag is selected


DIMENSIONS

POSITIVE LIVING SELF-CARE APPRECIATING LIFE KNOWING YOURSELF

LIFE MEANING

PAGE FILTERS
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"Default" equates to both "Home" and "Dimension" pages

FEATURED ACTIVITY
[Preview](#)



What is Wellness?

100 pts

Jan. 3, 2020 - Jul. 3, 2020 100 pts

What is Wellness?

To complete this, learn about the basics of wellness and well-being.

About this activity

Wellness (also referred to as well-being) is all about **feeling good and living with purpose**. We're offering this program because we want all school employees across the state to live their best lives, both at work and at home. Studies have shown that what happens in one part of your life impacts all others. For this reason, we focus on whole-person well-being, specifically physical, emotional, financial and work well-being.

More Information

Improving your wellness and well-being helps you be more productive and happy – both on and off the clock. The work you do is important. Your family, your friends, and your community are also important to you. Investing in your wellness can positively impact your relationships, your quality of life, and the students you serve.

Studies have shown

- 47% of employees said problems in their personal lives affected their performance at work.
- 61% percent of the teachers said their work was always or often stressful
- 37% of HR professionals agreed that employees in their organizations have missed work due to financial emergencies.

Did You Know?

Employees with higher wellness enjoy their work more, are more loyal to their teams and are more likely to recommend their organization as a great place to work.

Welcome School Employees: January 3—July 3 (SEBB ONLY)

Welcome School Employees
January 3, 2020 - July 3, 2020

REWARD
0 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Partner

PARTNER DETAILS

PARTNER
Affiliate

BUTTON
[Close](#) [/home?sametab=true]

SHOW EXTENDED DESCRIPTION
true

DEMOGRAPHIC TAG TARGETING

- BargainingUnit: LITE-SEBB, REGULAR-SEBB


Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS


POSITIVE LIVING SELF-CARE RESOURCES & SUPPORT FIT WITH CULTURE
RELIEF IN ORGANIZATION

PAGE FILTERS
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"Default" equates to both "Home" and "Dimension" pages

FEATURED ACTIVITY
[Preview](#)



Welcome School Employees



Jan. 3, 2020 - Jul. 3, 2020

Welcome School Employees

Welcome to SmartHealth, a program designed just for you and your family. The state of Washington believes that school employees are critical to the success of our state's future, and having a wellness program is critical to the success of our school employees. Read below to learn more about SmartHealth and how it works.

Washington State is committed to having every employee get the most out of SmartHealth. We encourage you to regularly participate and work on new habits or goals, connect with your teammates and peers and enjoy a little friendly competition.

The SmartHealth program provides each and every employee with the tools and resources necessary to accomplish goals and feel supported in the workplace. Throughout the year you will find various activities to support you in the following areas:

- Physical wellness
- Financial wellness
- Emotional wellness
- Work wellness
- Burnout awareness & prevention
- Stress management
- Team based activities
- Videos
- Recipes
- And more

[Close](#)

Cycle 1: January 3—April 3

5 Ways to Make Goals Stick

5 Ways to Make Goals Stick
January 3, 2020 - April 3, 2020

REWARD
25 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Partner

STRATEGY TEXT
To complete this, watch the video and answer quiz.

PARTNER DETAILS

PARTNER
Limeade Interactive


BUTTON
[Watch Video](https://learning.limeade.com/Talks/5-Ways-to-Make-Goals-Stick3)

Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

BELIEF IN YOUR ABILITIES MAKING & KEEPING COMMITMENTS SELF-LEADERSHIP

PAGE FILTERS
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"Default" equates to both "Home" and "Dimension" pages



5 Ways to Make Goals Stick

0 0 25 pts

Jan. 3, 2020 - Apr. 3, 2020 **25 pts**

5 Ways to Make Goals Stick

To complete this, watch the video and answer quiz.

About this activity

Everyone faces obstacles when working towards their goals. Watch this video and learn more about strategies to overcome common challenges and make your goals stick. Answer 2 out of 3 questions correctly to earn your points for this activity.

[Watch Video](#)

Be Smart with Your Money

Be Smart with Your Money

January 3, 2020 - April 3, 2020

REWARD

100 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual

STRATEGY TEXT

To complete this, create a monthly budget.

Demographic Tag:

Individual Leaderboard is included when a Tag is selected

DIMENSIONS

FINANCIAL WELL-BEING

PAGE FILTERS

Default

"Default" equates to both "Home" and "Dimension" pages



Be Smart with Your Money

0 0

100 pts

Jan. 3, 2020 - Apr. 3, 2020

100 pts

Be Smart with Your Money

To complete this, create a monthly budget.

About this activity

It's easy to overspend when you don't keep track of your expenses. Before you know it, you've spent too much on unnecessary purchases. To stay in control of your finances and complete this activity, create a monthly budget. Read more about how to do this below.

More Information

Look at all your expenses over the past 12 months, and organize each expense by category. [Here is a free budget worksheet to get you started](#) (from Consumer.gov). Study your spending behavior to come up with a budget (per category) that will allow you to live well today and in the future. Make sure to account for your quarterly and biannual expenses, such as car insurance or heating bills, when you create your monthly budgets. For example, estimate how much you need for the following:

- Housing (mortgage, interest and charges, rent and other lodging)
- Transportation (car insurance, gas and repairs)
- Healthcare (health insurance and gym)
- Entertainment (dining out and movies)
- Personal care (clothes and other miscellaneous spending)

You'll end up with a limit per each category (e.g., spend up to \$300 in groceries per month) and an overall monthly budget (e.g., spend up to \$3,000 per month).

Resource:

- [Make a Budget](#) (Consumer.gov PDF)

American Heart Month

American Heart Month

February 3, 2020 - February 28, 2020

REWARD

100 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual

STRATEGY TEXT

To complete this, start a new healthy behavior.

Demographic Tag:

Individual Leaderboard is included when a Tag is selected

DIMENSIONS

EXERCISE & FITNESS HEART HEALTH NUTRITION HEALTHY WEIGHT SELF-CARE

PAGE FILTERS

Default

"Default" equates to both "Home" and "Dimension" pages



American Heart Month

0 0

100 pts

Feb. 3, 2020 - Feb. 28, 2020

100 pts

American Heart Month

To complete this, start a new healthy behavior.

About this activity

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

More Information

This February during American Heart Month your challenge is to start one, new heart-healthy behavior. Simple changes can make a big difference! Here are some ideas for getting started:

- Talk with your doctor about lowering your risk for heart disease. Your healthcare provider has new tools and guidelines that can advise you on the most effective strategies.
- Add physical activity to your daily routine.
- Make healthy eating swaps, such as using fresh or dried herbs and spices instead of salt.
- Quit smoking.
- Visit: <http://www.heart.org/HEARTORG/> for more resources and ideas on how you can improve your heart health!
- GoRed for Women <https://www.goredforwomen.org/>

Cycle 2: February 10—April 3

Learn a New Skill

Learn a New Skill
February 10, 2020 - April 3, 2020

REWARD
50 pts/wk (400 pts)

ACTIVITY TYPE

- Participation: Individual
- Tracking: Yes/No
- Report Type: Manual

STRATEGY TEXT
To complete this challenge, commit to developing or learning a new skill on at least 1 day each week.


LEADERBOARDS
Demographic Tag: No value
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

SELF-LEADERSHIP BELIEF IN YOUR ABILITIES RESOURCES & SUPPORT

WORK GROWTH LIFE MEANING

PAGE FILTERS
Default
"Default" equates to both "Home" and "Dimension" pages



Learn a New Skill

0 0 50 pts/wk

Feb. 10, 2020 - Apr. 3, 2020 50 pts/wk

Learn a New Skill

To complete this challenge, commit to developing or learning a new skill on at least 1 day each week.

About this activity

Learning a new skill for your job — or developing skills you already have — can make you feel more accomplished at work, help increase your self-confidence and possibly make you more productive. Growing on the job is a great way to add to your core competency and can make you more valuable to your organization. For this activity, choose one skill you'd like to improve, and work on it at least once a week.

More Information

Expanding your knowledge, adding skills to your resume and learning on the job are all important for work growth. Here are some tips to help you complete this activity:

- **What do you want to improve?** Identify at least one skill that you'd like to work on or develop. It could be a software program that helps you do your work better or a certification that could enable job development. It might even be soft skills like management, leadership or project management. Write them all down, and choose one you'd like to start with.
- **Who will help you?** Once you've identified your skill, talk to your manager about how to find the right resources for training. Your organization may already have job-training tutorials or information already available to you. Your manager could also help you locate the right training tools outside of your organization. Be sure to find out if your organization helps pay for any training or job skill development.
- **When will you get it done?** Developing a new skill takes time, so make sure you arrange your schedule to develop this skill. You may need to work on this skill development outside of work.

VIDEO: Want to Live Longer? Get Enough Sleep

VIDEO: Want to Live Longer? Get Enough Sleep

February 10, 2020 - April 3, 2020

REWARD

50 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Partner

STRATEGY TEXT

To complete this, watch the video and answer quiz.

PARTNER DETAILS

PARTNER

Limeade Interactive

BUTTON

[WatchChallenge](https://learning.limeade.com/Talks/Want-to-Live-Longer-Get-Enough-Sleep134) [https://learning.limeade.com/Talks/Want-to-Live-Longer-Get-Enough-Sleep134]

Demographic Tag:

Individual Leaderboard is included when a Tag is selected

DIMENSIONS

ENERGY LEVEL

SLEEP

PAGE FILTERS

Default

"Default" equates to both "Home" and "Dimension" pages



VIDEO: Want to Live Longer? Get Enough Sleep

0 0

50 pts

Feb. 10, 2020 - Apr. 3, 2020

50 pts

VIDEO: Want to Live Longer? Get Enough Sleep

To complete this, watch the video and answer quiz.

About this activity

You've probably heard that getting a good night's sleep is good for your health, but do you know why? This video will help clarify how much sleep you should be getting, and help you better understand the many benefits of sleep. After the 1:02 video, correctly answer 2 out of 3 questions to earn your points. For more information on sleep, read [10 Tips for Getting Enough Sleep](#).

WatchChallenge

National Colorectal Cancer Awareness Month

National Colorectal Cancer Awareness Month
March 2, 2020 - April 3, 2020

REWARD
100 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual

STRATEGY TEXT
To complete this, **get screened or encourage others.**

Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS
SELF-CARE

PAGE FILTERS
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"Default" equates to both "Home" and "Dimension" pages



National Colorectal Cancer
Awareness Month



100 pts

Mar. 2, 2020 - Apr. 3, 2020

100 pts

National Colorectal Cancer Awareness Month

To complete this, **get screened or encourage others.**

About this activity

Among cancers that affect both men and women, [colorectal cancer](#) (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease is highly preventable, by getting screened beginning at age 50.

More Information

What You Can Do

- If you're aged 50 to 75, get **screened** for colorectal cancer regularly. Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screening also finds this cancer early, when treatment can be most effective.
- Be physically active.
- Maintain a healthy weight.
- Don't drink too much alcohol.
- Don't smoke.

Fast Facts

- Risk increases with age. More than 90% of colorectal cancers occur in people aged 50 and older.
- Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. If you have symptoms, they may include:
 - Blood in or on the stool (bowel movement).
 - Stomach pain, aches, or cramps that do not go away.
 - Losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you have any of them, see your doctor.

What's your Why?

What's Your Why?

March 2, 2020 - May 1, 2020

REWARD
150 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Partner

STRATEGY TEXT

To complete this, share your why in the Feed using #WhatsYourWhy.

PARTNER DETAILS

PARTNER
Limeade Community: Whatsyourwhy

BUTTON

[Share Your Why in the Feed](#) [/feed&sametab=true]

Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

APPRECIATING LIFE KNOWING YOURSELF LIFE MEANING BELIEF IN YOUR ABILITIES


WORK-LIFE BALANCE

PAGE FILTERS

Default
"Default" equates to both "Home" and "Dimension" pages

FEATURED ACTIVITY

[Preview](#)



What's Your Why?

0 0 150 pts

Mar. 2, 2020 - May 1, 2020 150 pts

What's Your Why?

To complete this, share your why in the Feed using #WhatsYourWhy.

About this activity

Your why is your purpose — it's what is most important to you. Research supports the power of purpose, of knowing your why, and how it can help you live a happier, healthier, and longer life. For this activity, think about what is most important to you — what's your why.

More Information

Your why can be something big or small, it may change over time, you might even have more than one, but it always support your beliefs and values. Your why may be family, friends, work, a charity, music, sports, the list goes on.

Once you find your why, you can earn 150 points by sharing it on the [SmartHealth Community Feed](#). Just post a photo or a comment using the hashtag #whatsyourwhy. Then scroll through the community feed to see what others have posted. We're all in this together. Help grow our SmartHealth community as we all continue our journey toward living well.

Need help getting started? Check out the resources below to help find your why.

- [Find Your Why](#)
- [Video: The Power of Why](#)

[Share Your Why in the Feed](#)

Cycle 3: April 6—July 3

National Distracted Driving Awareness Month

National Distracted Driving Awareness Month
April 6, 2020 - May 1, 2020

REWARD
100 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual


STRATEGY TEXT
To complete this, take the Just Drive pledge.

Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

CONCERN FOR OTHERS

PAGE FILTERS
Default
"Default" equates to both "Home" and "Dimension" pages



National Distracted Driving Awareness Month

0 0 100 pts

Apr. 6, 2020 - May. 1, 2020 100 pts

National Distracted Driving Awareness Month

To complete this, take the Just Drive pledge.

About this activity

Thousands have died in car crashes involving cell phone use. New technology allows us to make phone calls, text, email, and update social media while driving, all introducing distractions. The National Safety Council (NSC) observes April as Distracted Driving Awareness Month to draw attention to this epidemic. NSC wants to empower you to put safety first and Take Back Your Drive. Take the **Focused Driver Challenge** and [pledge to drive cell-free](#).

More Information

Take the Focused Driver Challenge and [pledge to drive cell-free](#).

You can pledge to your children or other loved ones that you will be an attentive driver.

Share your pledge on social media if you'd like.

Check out stories of those affected. Countless lives have been touched by cell phone distracted driving crashes.

Track Your Sleep

Track Your Sleep
April 6, 2020 - July 3, 2020

REWARD
25 pts/wk (325 pts)

ACTIVITY TYPE

- Participation: Individual
- Tracking: Numeric
- Report Type: Manual, Device

STRATEGY TEXT
To complete this challenge, sleep at least 49 hours each week.

LEADERBOARDS
Demographic Tag: No value
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

ENERGY LEVEL SLEEP

PAGE FILTERS
Default
'Default' equates to both "Home" and "Dimension" pages



Track Your Sleep

0 0 25 pts/wk

Apr. 6, 2020 - Jul. 3, 2020 25 pts/wk

Track Your Sleep

To complete this challenge, sleep at least 49 hours each week.

About this activity

Are you getting the recommended amount of sleep each night? Although you may need a little more or less, most experts agree that getting about 7 hours of sleep each night is ideal. Tracking your sleep habits, like when you go to bed and how often you wake up, is a great way to get to the root of sleep issues or challenges. It's recommended to track your sleep for 7 consecutive days to capture how you sleep during the work week as well as the weekends.

More Information

Try documenting your sleep (with a sleep journal, app or tracking devices) for 7 consecutive days. Note what time you went to bed, when you fell asleep, how many times you woke up, what time you woke up and when you got out of bed. Start on a Friday and allow yourself to wake up naturally, without an alarm. This will help you get a sense of your body's natural sleep rhythm.

If you are manually tracking your sleep, here's what you should ideally capture in a sleep diary or journal:

- day of the week
- time you went to bed
- time it took to fall asleep
- number of times you woke up in the night
- reasons why you woke up in the night
- quality of sleep
- energy level during the day
- caffeine or alcohol consumption
- notes or comments

VIDEO: Get up and Get Moving

VIDEO: Get Up and Get Moving
April 6, 2020 - July 3, 2020

REWARD
50 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Partner

STRATEGY TEXT
To complete this, watch the video and answer quiz.

PARTNER DETAILS

PARTNER
Limeade Interactive

BUTTON
[Watch the Video](https://learning.limeade.com/Talks/Get-Up-and-Get-Moving120) [https://learning.limeade.com/Talks/Get-Up-and-Get-Moving120]

Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

ENERGY LEVEL EXERCISE & FITNESS HEALTHY BLOOD SUGAR HEALTHY WEIGHT

HEART HEALTH

PAGE FILTERS
Default
"Default" equates to both "Home" and "Dimension" pages



VIDEO: Get Up and Get Moving

0 0 50 pts

Apr. 6, 2020 - Jul. 3, 2020 50 pts

VIDEO: Get Up and Get Moving

To complete this, watch the video and answer quiz.

About this activity

Did you know that even short walks can be beneficial to your health and well-being? Watch this video and learn the benefits of moving more throughout the day. After the 1:03 minute video, answer 2 out of 3 questions correctly to earn your points for this activity. Want some more inspiration? Read [8 Tips to Increase Your Walking](#).

Watch the Video

Team Challenge: Track 3 Million Steps

Team Challenge: Track 3 Million Steps
April 6, 2020 - July 3, 2020

REWARD
200 pts

ACTIVITY TYPE

- Participation: Team
- Tracking: Numeric
- Report Type: Manual, Device

STRATEGY TEXT
To complete this team challenge, collectively exercise at least 3,000,000 steps.

TEAM SIZE
4 - 12


LEADERBOARDS
Demographic Tag: No value
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

ENERGY LEVEL EXERCISE & FITNESS HEALTHY WEIGHT HEART HEALTH

SIZE OF TEAM

PAGE FILTERS
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"Default" equates to both "Home" and "Dimension" pages



Team Challenge: Track 3 Million Steps

0 0 **200 pts**

Apr. 6, 2020 - Jul. 3, 2020 **200 pts**

Team Challenge: Track 3 Million Steps

To complete this team challenge, collectively exercise at least 3,000,000 steps.

About this activity

A little friendly competition never hurt anyone. In fact, regular movement, like walking, helps boost your energy, can help maintain weight and is important for overall health. For this challenge, your team must collectively walk 3,000,000 steps. It sounds daunting, but those steps add up fast. Read more about this challenge below.

More Information

Don't let the big number scare you. Have your team decide a good daily number for each member (not everyone may be able to walk or run the same number of steps). Whether you plan on tracking 5,000, 10,000 or 15,000, challenge yourself to do this on a daily basis.

Here is your team's action plan:

- Decide how many members are on your team, and do a quick calculation to decide steps-per-day per person
- As a team, be creative with how you can fit in extra steps during the day, and encourage one another to keep it up
- After walking or running, log your steps. If you don't want to log them manually, [connect a device](#), and your steps will be tracked automatically.
- You can walk, jog or run — whatever you prefer. A tracking device or app will track your steps regardless of your speed, so move at your own pace.
- Wear a comfortable pair of shoes, with plenty of support and cushion
- Be prepared for the weather: warm coat, raincoat, gloves, sunblock, hat

Here are some creative ways to get more steps:

- Take the stairs instead of the elevator or escalator
- Try walking in place during phone calls
- Park further from your destination
- Take a 30-minute walk during your lunch break or a quick walk during shorter breaks
- Trade the conference room for a walking meeting
- Get up earlier and head out for a brisk morning walk
- Before you settle in for the night, take a walk after dinner
- On non-work days, aim for longer walks or runs
- While doing errands, park further from the store and walk through every aisle

Keep Your Bank Balance in Check

Keep Your Bank Balance in Check

April 6, 2020 - July 3, 2020

REWARD

50 pts/wk (650 pts)

ACTIVITY TYPE

- Participation: Individual
- Tracking: Yes/No
- Report Type: Manual

STRATEGY TEXT

To complete this challenge, check your bank statement on at least 1 day each week.

LEADERBOARDS

Demographic Tag: No value

Individual Leaderboard is included when a Tag is selected

DIMENSIONS

FINANCIAL WELL-BEING

PAGE FILTERS

Default

"Default" equates to both "Home" and "Dimension" pages



Keep Your Bank Balance in Check

0 0

50 pts/wk

Apr. 6, 2020 - Jul. 3, 2020

50 pts/wk

Keep Your Bank Balance in Check

To complete this challenge, check your bank statement on at least 1 day each week.

About this activity

At least once a week, get in the habit of checking your bank account or statement to avoid mistakes, identify theft and keep track of overdraft fees. This is an easy habit you can do online, over the phone or at the ATM at least once a week. Read more about why this is important below.

More Information

By regularly monitoring your account balance and transactions, you'll better understand the money coming in and the money going out. You can check your account activity by calling customer support, logging in online, accessing your bank's app or visiting an ATM. When reviewing your statements, watch for overcharges or duplicate charges, and keep an eye on outstanding checks that haven't yet cleared so that you know your actual balance.

Stay in control of your bank accounts with these tips:

- Review the amount of all checks, credit card purchases and ATM withdrawals
- Review pending deposits and withdrawals
- Always check your account before making a big purchase
- Avoid overdraft fees by monitoring outstanding checks
- Sign up for fraud alerts so that your bank or credit union can decline suspicious purchases on your behalf
- Save receipts from every debit card purchase

Cycle 4: May 11—July 3

Support Your Why

Support Your Why
May 11, 2020 - July 3, 2020

REWARD
150 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Partner

STRATEGY TEXT
To complete this, share one way you will support your why.

PARTNER DETAILS

PARTNER
Limeade Community: Whatsyourwhy

BUTTON
[Share in the SmartHealth Feed](#) [/feed&sametab=true]

Demographic Tag:
Individual Leaderboard is included when a Tag is selected


DIMENSIONS

POSITIVE LIVING SELF-CARE MAKING & KEEPING COMMITMENTS LIFE MEANING

APPRECIATING LIFE

PAGE FILTERS
Default
"Default" equates to both "Home" and "Dimension" pages

FEATURED ACTIVITY
[Preview](#)



Support Your Why

0 0 150 pts

May 11, 2020 - Jul. 3, 2020 150 pts

Support Your Why

To complete this, share one way you will support your why.

About this activity

Your why, also known as your purpose, is what is most important to you. Your why inspires and motivates you to be your best. For this activity, support your why by writing down three ways you can support it. Whether it is something you can do today, next week, or next month, it all matters.

More Information

Once you finished your list, you can earn 150 points by sharing one way you will support your why on the [SmartHealth Community Feed](#). Just post a photo or a comment using the hashtag #whatsyourwhy. Then scroll through the community feed to see what others have posted. You might get inspired, make a new connection, and inspire others. Remember, we're all in this together.

Learn more about your why. Your why can be something big or small, it may change over time, you might even have more than one, but it always support your beliefs and values. Your why may be family, friends, work, a charity, music, sports, the list goes on. Take time to think about your why so you can find ways to support it.

Need help getting started? Check out the resources below to help find your why.

- [Find Your Why](#)
- [Video: The Power of Why](#)

[Share in the SmartHealth Feed](#)

Commit to Successful Habits

Commit to Successful Habits

May 11, 2020 - July 3, 2020

REWARD

50 pts/wk (400 pts)

ACTIVITY TYPE

- Participation: Individual
- Tracking: Numeric
- Report Type: Manual

STRATEGY TEXT

To complete this challenge, track at least 3 success habits each week.

LEADERBOARDS

Demographic Tag: No value

Individual Leaderboard is included when a Tag is selected

DIMENSIONS

BELIEF IN YOUR ABILITIES

SELF-LEADERSHIP

WORK GROWTH

MAKING & KEEPING COMMITMENTS

PAGE FILTERS

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"Default" equates to both "Home" and "Dimension" pages



Commit to Successful Habits

0 0

50 pts/wk

May 11, 2020 - Jul. 3, 2020

50 pts/wk

Commit to Successful Habits

To complete this challenge, track at least 3 success habits each week.

About this activity

Successful people aren't afraid to adapt, change or learn new habits of success from others. Learning skills of success from others, and adopting those skills into your routine, can be a great way to build success in your own life. For this activity, read the six habits of highly successful people outlined below. Then integrate these habits at least three separate times each week.

More Information

Adopt these six habits of highly successful people to reach your goals:

- **Dreams:** Set high and clear goals
- **Risks:** Have the confidence to step out of your comfort zone, and consciously choose to expose yourself to new tasks and learning opportunities
- **Commitment:** Maintain focus, and don't give up
- **Learning:** Turn failures into learning opportunities
- **Positive attitude:** See your mistakes or weaknesses as opportunities for change
- **Approach:** Focus on your goals for success, and don't let small disappointments discourage you

Resource:

- [What Is Success?](#) – video playlist (TED)

Quit Tobacco on World No Tobacco Day

Quit Tobacco on World No Tobacco Day
May 18, 2020 - May 29, 2020

REWARD
100 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual

STRATEGY TEXT


To complete this, make a plan to quit & don't use tobacco on May 31.

Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

SELF-CARE SMOKE-FREE LIVING

PAGE FILTERS
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"Default" equates to both "Home" and "Dimension" pages



Quit Tobacco on World No Tobacco Day

0 0 100 pts

May 18, 2020 - May 29, 2020 100 pts

Quit Tobacco on World No Tobacco Day

To complete this, make a plan to quit & don't use tobacco on May 31.

About this activity

Make a plan to quit using tobacco this month with a quit day of May 31. By making a quit attempt, you will be taking an important step toward a healthier life and reducing your risk of lung cancer, chronic obstructive pulmonary disease (COPD), and other life-threatening conditions.

More Information

Every year, on the last day of May, people across the world recognize World No Tobacco Day to raise awareness of the harmful and deadly effects of tobacco use and secondhand smoke exposure, and to discourage the use of tobacco in any form. Join others by making a plan to quit using tobacco On May 31.

Quitting tobacco is very difficult; most people try to quit several times before they are able to quit for good, so never give up quitting! By living tobacco-free, you will also save the money that you would otherwise use to buy tobacco and pay the monthly tobacco use premium surcharge.

Quit Tobacco on World No Tobacco Day (continued)

Did you know that the cost of someone who smokes one pack of cigarettes a day spends approximately \$250 a month or \$3,000 a year. What could you do with that money?

If you have been trying to quit tobacco and need more support, your medical plan can help. Research shows that a combination of cessation counseling and medication is more effective than either counseling or medication alone.

Find out more about your plan's tobacco cessation benefits using the resources, below:

	Kaiser Permanente NW	Kaiser Permanente WA	Uniform Medical	Premera
Telephone counseling	Breathe 1-866-301-3866,  option 2	Quit for Life® 1-866-784-8454,  www.quitnow.net/kpwa	www.quitnow.net/ump	
Other counseling & cessation medications	www.kp.org/quitsmoking 1-800-813-2000,  or TTY: 711	https://wa.kaiserpermanente.org/ 1-888-901-4636,  or TTY: 711	www.hca.wa.gov/ump 1-888-849-3681,  TRS: 711	1-800-807-7310,  TTY: 711

Visit the World No Tobacco Day website for more tools and resources:

<https://www.who.int/news-room/events/detail/2019/05/31/default-calendar/world-no-tobacco-day>

Men's Health Month

Men's Health Month

June 1, 2020 - July 3, 2020

REWARD

100 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual

STRATEGY TEXT

To complete this, raise awareness by wearing blue on June 15th.

Demographic Tag:

Individual Leaderboard is included when a Tag is selected

DIMENSIONS

No dimensions selected

PAGE FILTERS

Default

"Default" equates to both "Home" and "Dimension" pages



Men's Health Month

0 0

100 pts

Jun. 1, 2020 - Jul. 3, 2020

100 pts

Men's Health Month

To complete this, raise awareness by wearing blue on June 15th.

About this activity

There is a silent health crisis in America: on average, American men die younger than American women. Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. June is [Men's Health Month](#).

More Information

Wear blue on June 15th to celebrate [Men's Health Month](#) to encourage men to seek regular checkups, get educated on testicular cancer and prostate cancer, and to find out more about any of the other health issues that affect men.

Cycle 5: July 6—October 2

Recommit to Resolutions

Recommit to Resolutions
July 6, 2020 - July 31, 2020

REWARD
100 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual


STRATEGY TEXT
To complete this, revisit your New Year's goals.

Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

LIFE MEANING MAKING & KEEPING COMMITMENTS

PAGE FILTERS
Default
"Default" equates to both "Home" and "Dimension" pages



Recommit to Resolutions

0 0 100 pts

Jul. 6, 2020 - Jul. 31, 2020 100 pts

Recommit to Resolutions

To complete this, revisit your New Year's goals.

About this activity

If you have trouble keeping your New Year's resolutions, you're not alone. According to the *Journal of Clinical Psychology*, only 8 percent of people who make resolutions successfully achieve them. But it's not too late to revisit your resolutions and recommit to one. Read more about how to do this below.

More Information

Maintaining a healthy weight, getting organized, saving money — these are some of the most popular New Year's resolutions. Yet only half of Americans stick with their resolution beyond June.

So how are you doing with your resolutions this year? If you've lapsed on them, think about why. Did you set the bar too high — say, trying to hit the gym every day? Or quitting sugar, instead of reducing it? Research shows that starting small and changing one behavior at a time pays off big time, so go easier on yourself to boost your odds of success. Understanding what motivates you will also help you develop an action plan. For example, maybe you're more likely to succeed if you're competing with others or are held accountable for meeting your goal (say, meeting with a friend or personal trainer to work out).

To recommit to a resolution, pick one that fell by the wayside and start over. Even though that feels hard, all's not lost! Start small — a quick walk around the block or even just one push-up — and keep trying. Remember that change takes time, and use each attempt to discover personal pitfalls, and then plan strategies to hop those hurdles. Most important, stay committed, and be patient with yourself.

Maintain a Bedtime Routine

Maintain a Bedtime Routine

July 6, 2020 - October 2, 2020

REWARD
50 pts/wk (650 pts)

ACTIVITY TYPE

- Participation: Individual
- Tracking: Yes/No
- Report Type: Manual


STRATEGY TEXT
To complete this challenge, go to bed and wake up at the same time on at least 3 separate days each week.

LEADERBOARDS
Demographic Tag: No value
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

ENERGY LEVEL SLEEP

PAGE FILTERS
Default
"Default" equates to both "Home" and "Dimension" pages



Maintain a Bedtime Routine

50 pts/wk

Jul. 6, 2020 - Oct. 2, 2020 **50 pts/wk**

Maintain a Bedtime Routine

To complete this challenge, go to bed and wake up at the same time on at least 3 separate days each week.

About this activity

Sleep experts note that sticking to the same bedtime schedule every day (even on weekends) tends to promote the quality of sleep you get. The best way to get good sleep is by hitting the hay at the same time every night and waking up at the same time every day. For this activity, stick to a sleep routine by going to bed and waking up at the same time at least three days a week.

More Information

If falling asleep at the same time each night is difficult for you, be sure to take a look at your sleep routine. You may need to get your body and mind prepared for sleep. Try relaxation activities like taking a warm bath, reading a book or drinking herbal tea. And try to avoid stimulants like working online too late, drinking too much caffeine or alcohol or being too physically active right before bed.

If you have a hard time waking up at the same time, you'll need some sort of signal to help you wake up. Most people rely upon an alarm, and there are some on the market that have snooze buttons or a gradually-increasing sound that wakes you up slowly. If the smell of coffee helps you wake up, find a coffee machine with a built-in alarm that brews automatically. You can also trigger your brain to wake up with sunlight. Leave your blinds open if it helps bring the sun in, or find an alarm clock with a built-in light system that mimics the rising sun.

And for all you shift workers: we know it can be especially tough to keep a regular sleep schedule. Check out the resource link below to get tips just for you.

Did you know?

Electronic devices — including laptops, tablets, smartphones and TVs — emit light that promotes wakefulness. So turn them off at least an hour before you tuck in.

Resource:

- [Coping with Shift Work](#) (UCLA Sleep Disorders Center)

VIDEO: How to Save Smart

VIDEO: How to Save Smart

July 6, 2020 - October 2, 2020

REWARD

100 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Partner

STRATEGY TEXT

To complete this, watch the video and take the quiz.

PARTNER DETAILS

PARTNER

Limeade Interactive

BUTTON

[Watch the Video](https://learning.limeade.com/Talks/How-to-Save-Smart22) [https://learning.limeade.com/Talks/How-to-Save-Smart22]

Demographic Tag:

Individual Leaderboard is included when a Tag is selected

DIMENSIONS

FINANCIAL HEALTH

FINANCIAL WELL-BEING

PAGE FILTERS

Default

"Default" equates to both "Home" and "Dimension" pages



VIDEO: How to Save Smart

0 0

100 pts

Jul. 6, 2020 - Oct. 2, 2020

100 pts

VIDEO: How to Save Smart

To complete this, watch the video and take the quiz.

About this activity

Saving money is one of those things that we often put off. But if you start saving right away, you'll likely see major benefits later on, especially when you're looking to make big life changes, like buying a house or enrolling in college. Watch the video to learn more about how powerful saving money is and how beneficial it can be to your life. You'll also learn some tips to maximize your savings. To receive points, answer 2 out of 3 questions correctly.

Watch the Video

Commute with Others to Work (Team Activity)

Commute with Others to Work
July 6, 2020 - October 2, 2020

REWARD
200 pts

ACTIVITY TYPE

- Participation: Team
- Tracking: Numeric
- Report Type: Manual

STRATEGY TEXT
To complete this team challenge, collectively track at least 12 group commutes.

TEAM SIZE
2 - 12

DAILY SELF-REPORT LIMIT (RECOMMENDED NO LIMIT)
1


LEADERBOARDS
Demographic Tag: No value
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

RESOURCES & SUPPORT SENSE OF TEAM CONCERN FOR OTHERS

CONCERN FOR THE ENVIRONMENT

PAGE FILTERS
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"Default" equates to both "Home" and "Dimension" pages



Commute with Others to Work

0 0 200 pts

Jul. 6, 2020 - Oct. 2, 2020 200 pts

Commute with Others to Work

To complete this team challenge, collectively track at least 12 group commutes.

About this activity

Few people like a long commute. To make your commute to and from work a bit more bearable — and possibly even more fun — consider reaching out to teammates and coworkers about commuting. Start a vanpool, or get a group together that's interested in regularly taking the bus or train. You'll be reducing your carbon footprint while also spending time with your coworkers. Share your favorite playlists or podcasts, and get the conversation started!

National Breastfeeding Awareness Month

National Breastfeeding Awareness Month
August 3, 2020 - August 28, 2020

REWARD
100 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual


STRATEGY TEXT
To complete this, support National Breastfeeding Month.

Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

PRECNANCY APPRECIATING LIFE CONCERN FOR OTHERS

PAGE FILTERS
Default
"Default" equates to both "Home" and "Dimension" pages



National Breastfeeding Awareness Month

0 0 100 pts

Aug. 3, 2020 - Aug. 28, 2020 100 pts

National Breastfeeding Awareness Month

To complete this, support National Breastfeeding Month.

About this activity

In celebration of Breastfeeding Awareness Month check out [these resources for information and support](#) on how to be successful at breastfeeding.

More Information

Breastfeeding is a proven primary prevention strategy, protecting both infants and mothers from a host of chronic and acute diseases and conditions and building a foundation for life-long health and wellness.

New research shows that babies who are exclusively breastfed for six months are less likely to develop ear infections, diarrhea and respiratory illnesses, and may be less likely to develop childhood obesity.

Cycle 6: August 10—November 30

Track Your Energy Level 2 Times a Week

Track Your Energy Level 2 Times a Week
August 10, 2020 - October 2, 2020

REWARD
50 pts/wk (400 pts)

ACTIVITY TYPE

- Participation: Individual
- Tracking: Yes/No
- Report Type: Manual


STRATEGY TEXT
To complete this challenge, track your energy on at least 2 separate days each week.

LEADERBOARDS
Demographic Tag: No value
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

ENERGY LEVEL EXERCISE & FITNESS KNOWING YOURSELF NUTRITION SLEEP

PAGE FILTERS
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"Default" equates to both "Home" and "Dimension" pages



Track Your Energy Level 2 Times a Week

0 0 50 pts/wk

Aug. 10, 2020 - Oct. 2, 2020 50 pts/wk

Track Your Energy Level 2 Times a Week

To complete this challenge, track your energy on at least 2 separate days each week.

About this activity

Wondering what boosts or drains your energy? Track your energy levels 2 days a week to learn more about your physical energy changes. Low energy can hurt your physical and emotional health, your productivity at work and your ability to feel engaged with others. But you can't change what you don't know. So commit to identifying what's causing your energy loss. Read more about how to track below.

More Information

Use a tracking app or a journal to keep record of your energy levels. Here's what you want to keep track of:

- Rate your energy level at the beginning and end of each day on a scale from 1 (very lethargic) to 10 (extremely energetic).
- Analyze the trends in your ratings after 2 weeks. Did you have more energy in the morning or in the afternoon?
- Determine what affects your energy level. Is it lack of sleep, a certain type of food or stress? Or something else?
- Look for opportunities to improve and regulate your energy levels. Do you have enough time to exercise and relax after taking care of everything else? View your schedule for the day, week and month to make any necessary changes.

VIDEO: How to Spend Smart

VIDEO: How to Spend Smart

August 10, 2020 - October 2, 2020

REWARD

100 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Partner

STRATEGY TEXT

To complete this, watch the video and take the quiz.

PARTNER DETAILS

PARTNER

Limeade Interactive

BUTTON

[Watch the Video](https://learning.limeade.com/Talks/How-to-Spend-Smart47) [https://learning.limeade.com/Talks/How-to-Spend-Smart47]

Demographic Tag:

Individual Leaderboard is included when a Tag is selected

DIMENSIONS

FINANCIAL HEALTH

FINANCIAL WELL-BEING

PAGE FILTERS

Default

"Default" equates to both "Home" and "Dimension" pages



VIDEO: How to Spend Smart

0 0

100 pts

Aug. 10, 2020 - Oct. 2, 2020

100 pts

VIDEO: How to Spend Smart

To complete this, watch the video and take the quiz.

About this activity

Want to start making smart changes to your financial health right away? Consider changing your spending habits, and put money into savings that you would have otherwise spent. Some spending habits might be ones you don't even think about, like subscriptions or a daily coffee treat. Watch the video to learn more about spending wisely, then take the quiz. To receive points, answer 2 out of 3 questions correctly.

Watch the Video

Read a Good Business Book Lately?

Read a Good Business Book Lately?

August 10, 2020 - October 2, 2020

REWARD

50 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual

STRATEGY TEXT

To complete this, read a book related to your job.

Demographic Tag:

Individual Leaderboard is included when a Tag is selected

DIMENSIONS

BELIEF IN ORGANIZATION

JOB SATISFACTION

SELF-LEADERSHIP

WORK GROWTH

WORK MEANING

PAGE FILTERS

Default

"Default" equates to both "Home" and "Dimension" pages



Read a Good Business Book Lately?

0 0

50 pts

Aug. 10, 2020 - Oct. 2, 2020

50 pts

Read a Good Business Book Lately?

To complete this, read a book related to your job.

About this activity

Whether you've been in your particular job position, line of work or type of industry for many years or just for a short time, it's always smart to keep learning on the job. Take time to read up on your industry, or read a book about your job title or role. Staying informed about your business is a great way to feel energized about your work and help understand your role better. You may even get great ideas about how to work better or how your organization or teammates could work better. Make a goal to find and read through at least one book.

National Suicide Prevention Month

National Suicide Prevention Month
September 1, 2020 - October 2, 2020

REWARD
100 pts

ACTIVITY TYPE


- Participation: Individual
- Tracking: One-time
- Report Type: Manual

STRATEGY TEXT
To complete this, explore the recommended resources.

Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS
No dimensions selected

PAGE FILTERS
Default
"Default" equates to both "Home" and "Dimension" pages



National Suicide Prevention Month

0 0 100 pts

📅 Sep. 1, 2020 - Oct. 2, 2020 ⋮ ×

100 pts

National Suicide Prevention Month

To complete this, explore the recommended resources.

About this activity

Everyone has a role in Suicide Prevention. You don't have to be a professional counselor to learn a few basic steps to support someone who might be hurting. In this activity, find out how you can make a difference in the life of loved one or coworker. **If you or someone you know is at immediate risk, call the National Suicide Prevention Lifeline at 800-273-8255 or text "HEAL" to 741-741 (the Crisis Text Line).**

More Information

September is National Suicide Prevention Month. The CDC released a recent study showing that suicide rates are rising and that a public health approach is needed.

You can potentially save a life by understanding the warning signs of someone thinking about suicide and learning the simple ways you can talk with them about it. The most important thing you can do is check in on someone.

National Suicide Prevention Month (continued)

Ask: Are you okay?

If you hear any warning signs, ask: Are you thinking about killing yourself?

It's a myth that asking someone about suicide might lead them to it—in fact, you asking might be the very thing that prevents it.

If someone is thinking about suicide, connect them to help: They can talk to for example a healthcare provider, their guardian, their partner, or you can call the **National Suicide Prevention Lifeline at 800-273-8255**.

For 100 points, review the [Washington State Suicide Prevention and Intervention Page for public employees](#) then share one thing you will do to let others know about this suicide prevention resource.

Ideas might be to:

- Bookmark the resource page
- Discuss or share the website with a coworker or supervisor
- Discuss or share with a family member or friend
- Add to a staff meeting agenda

Please remember that if you or someone you know is thinking about suicide, help is always available:

You can call [the National Suicide Prevention Lifeline](#) 24 hours a day, seven days a week, at 800-273-8255. Press 1 for the Veterans Helpline. If you're under 21, you can ask to talk to a peer at Teen Link at 1-866-TEENLINK between the hours of 6-10 pm or (206) 461-3210 during regular business hours. Don't feel like talking on the phone? You can start a text conversation with the Crisis Text Line by sending "HEAL" to 741741.

If you think you could be at risk of suicide, [download the My3 App from the National Suicide Prevention Lifeline](#). You can use the app to list your crisis contacts, make a safety plan and use emergency resources.

Cycle 7: October 5—December 31

Design Your Dream Life

Design Your Dream Life
October 5, 2020 - December 31, 2020

REWARD
50 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Manual


STRATEGY TEXT
To complete this, create a vision board.

Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

BELIEF IN YOUR ABILITIES SELF-LEADERSHIP WORK GROWTH LIFE MEANING

PAGE FILTERS
Default
"Default" equates to both "Home" and "Dimension" pages



Design Your Dream Life

0 0 50 pts

Oct 5, 2020 - Dec 31, 2020 50 pts

Design Your Dream Life

To complete this, create a vision board.

About this activity

Ready to reshape your life and turn "I wish" into "I will"? Create a vision board to illustrate your hopes and dreams — and you may actually increase your likelihood of achieving them.

More Information

Vision boards are a form of visualization, a powerful and effective mind exercise, that helps you get closer to what you want in life. Rather than trying to remember your goals, you can build a collage of images and phrases that represents your vision and inspires you to achieve it.

Here's how to make a vision board:

- Get a cork board, white board, poster board or an empty wall
- Sort through magazines, or search online for inspiring images and phrases
- Cut out or print images and phrases that represent your dreams
- Attach your images and phrases to the board
- Hang the vision board where you can see it every day

Breast Cancer Awareness Month

Breast Cancer Awareness Month
October 5, 2020 - October 30, 2020

REWARD
100 pts

ACTIVITY TYPE
• Participation: Individual
• Tracking: One-time
• Report Type: Manual


STRATEGY TEXT
To complete this, learn about breast cancer.

Demographic Tag
Individual Leaderboard is included when a Tag is selected

DIMENSIONS
SELF-CARE CONCERN FOR OTHERS

PAGE FILTERS
Default
"Default" equates to both "Home" and "Dimension" pages

FEATURED ACTIVITY
Preview



Breast Cancer Awareness Month

0 0 100 pts

Oct. 5, 2020 - Oct. 30, 2020 100 pts

Breast Cancer Awareness Month

To complete this, learn about breast cancer.

About this activity

October is Breast Cancer Awareness Month, a time to bring awareness to women's health and prevention, breast cancer research efforts and breast cancer detection. For women, talk to your doctor about breast cancer screening, like scheduling a mammogram, and learn about early detection methods, like self-exams. For men, help support the women in your life by learning more about Breast Cancer Awareness Month. Read below to learn about good breast health habits, like early detection, and about how to support breast cancer awareness.

More Information

Breast Cancer Awareness Month is the perfect time to make an appointment with your primary care physician or OB-GYN and learn all you can about prevention, early detection, cancer screening methods and to assess your risk for breast cancer. Your doctor may recommend lifestyle changes, like quitting smoking, increasing exercise and switching to a healthy and nutritious diet. Your doctor may also want to discuss family history or other health issues to assess risk and talk about your overall health.

Early detection is a key component of breast health. Self-exams are the most recommended method of early detection of breast cancer. It's generally recommended to perform a self-exam on a regular basis (for example, the same day every month), so you can notice small changes in the breast tissue, like skin puckering or lumps.

Routine mammograms have significant benefits, but many women worry about getting a mammogram — not just because of the potential results, but because it seems unpleasant and even painful. While the screening itself can be awkward and uncomfortable, it's a relatively short procedure. Be sure to talk to your physician about when you should schedule your mammogram.

Although the number of men affected by breast cancer is very low, it's important for men to learn about breast cancer and understand risks and symptoms. Both men and women can help support loved ones by talking about breast health and early detection methods. Learn more about Breast Cancer Awareness Month and how you can support this cause all year long by visiting the resource links below.

Resources:

- [Learn how to do a breast self-exam](#) (National Breast Cancer Foundation, Inc.)
- [Making Strides Against Breast Cancer](#), find an event near you (American Cancer Society)
- [Breast Cancer](#) (American Cancer Society)
- [What You Need to Know About Breast Cancer](#) (National Cancer Institute, booklet)

Celebrate Your Why

Celebrate Your Why

October 5, 2020 - December 31, 2020

REWARD

150 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Partner

STRATEGY TEXT

To complete this, share how you celebrate your why.

PARTNER DETAILS

PARTNER

Limeade Community: Whatsyourwhy

BUTTON

[Share Your Celebration](#) [/Feed&sametab=true]

Demographic Tag:

Individual Leaderboard is included when a Tag is selected

DIMENSIONS

POSITIVE LIVING

SELF-CARE

APPRECIATING LIFE

LIFE MEANING

KNOWING YOURSELF

PAGE FILTERS

Default

"Default" equates to both "Home" and "Dimension" pages

FEATURED ACTIVITY

[Preview](#)



Celebrate Your Why

0 0

150 pts

Oct. 5, 2020 - Dec. 31, 2020

150 pts

Celebrate Your Why

To complete this, share how you celebrate your why.

About this activity

This year, we asked you think about what's your why and find ways to support it. Now it's time to celebrate your journey toward living well. For this activity, think about and commit to one way you plan to celebrate your why. Your celebration can be big or small, it all counts.

More Information

After you celebrate your why, you can earn 150 points by sharing how you celebrated on the [SmartHealth Community](#). Just post a photo or a comment using the hashtag #whatsyourwhy. Then scroll through the community feed to see what others have posted. You might get inspired, make a new connection, and inspire others. Remember, we're all in this together.

Learn more about your why. Your why, also known as purpose, can be something big or small, it may change over time, you might even have more than one, but it always support your beliefs and values. Your why may be family, friends, work, a charity, music, sports, the list goes on. Identify your why so you can start finding ways to celebrate what is most important to you.

Need help getting started? Check out the resources below to help find your why.

- [Find Your Why](#)
- [Video: The Power of Why](#)

[Share Your Celebration](#)

Worried About Cold & Flu Season? Eat Your Kale!

Worried About Cold and Flu Season? Eat Your Kale!

October 5, 2020 - December 31, 2020

REWARD

50 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Partner

STRATEGY TEXT

To complete this, watch the video and answer quiz.

PARTNER DETAILS

PARTNER

Limeade Interactive

BUTTON

[Watch the Video](https://learning.limeade.com/Talks/Worried-About-Cold-and-Flu-Season-Eat-Your-Kale24) [https://learning.limeade.com/Talks/Worried-About-Cold-and-Flu-Season-Eat-Your-Kale24]

Demographic Tag:

Individual Leaderboard is included when a Tag is selected

DIMENSIONS

ENERGY LEVEL

HEALTHY BLOOD SUGAR

HEALTHY WEIGHT

HEART HEALTH

NUTRITION

PAGE FILTERS

Default

"Default" equates to both "Home" and "Dimension" pages



Worried About Cold and Flu Season? Eat Your Kale!

0 0

50 pts

Oct. 5, 2020 - Dec. 31, 2020

50 pts

Worried About Cold and Flu Season? Eat Your Kale!

To complete this, watch the video and answer quiz.

About this activity

Need a boost to your immune system? Broccoli, kale and other cruciferous vegetables are packed full of vitamins and antioxidants which can help protect your body. Watch this 1:02 minute video and learn the importance of adding cruciferous vegetables to your diet. After the video answer 2 out of 3 questions correctly to earn your points. Be sure to read [Better Than a Multivitamin](#) and see all the nutrients contained within common cruciferous vegetables.

Watch the Video

Avoid Impulsive Shopping

Avoid Impulsive Shopping

October 5, 2020 - December 31, 2020

REWARD

200 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: Yes/No
- Report Type: Manual

STRATEGY TEXT

To complete this challenge, avoid impulse shopping on at least 10 separate days.

LEADERBOARDS

Demographic Tag: No value

Individual Leaderboard is included when a Tag is selected

DIMENSIONS

FINANCIAL WELL-BEING

PAGE FILTERS

Default

"Default" equates to both "Home" and "Dimension" pages



Avoid Impulsive Shopping

0 0

200 pts

Oct. 5, 2020 - Dec. 31, 2020

200 pts

Avoid Impulsive Shopping

To complete this challenge, avoid impulse shopping on at least 10 separate days.

About this activity

Have you ever wanted to buy something just because? You're not alone. Impulse purchases represent almost 40 percent of all money spent on e-commerce sites. So for this challenge, avoid impulse shopping on at least 10 separate occasions.

More Information

What triggers your shopping behavior? Do you cope with stress or anxiety by spending money? Unfortunately, it could lead to more harm as your wallet gets thinner. Each unplanned purchase is a financial decision that has little to do with how much money you have in your bank account. When you catch yourself impulse shopping (no matter how small the purchase may seem), carefully consider whether it's worth it.

How to prevent shopping binges:

- Stick to your shopping list
- Avoid unplanned store visits or online shopping
- Set a discretionary budget per month, and don't spend more than that amount

Cycle 8: November 2—December 31

World Diabetes Day

World Diabetes Day
November 2, 2020 - November 27, 2020

REWARD
100 pts

ACTIVITY TYPE

- Participation: Individual
- Tracking: One-time
- Report Type: Partner

STRATEGY TEXT
To complete this, post a picture in the SmartHealth Community Feed.

PARTNER DETAILS

PARTNER
Limeade Community: Wddwashington


BUTTON
[SmartHealth Community Feed](#) `//feed?sametab=true`

Demographic Tag:
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

[SELF-CARE](#) [HEALTHY BLOOD SUGAR](#) [HEART HEALTH](#) [RESOURCES & SUPPORT](#)

PAGE FILTERS
Default
"Default" equates to both "Home" and "Dimension" pages



World Diabetes Day

100 pts

Nov. 2, 2020 - Nov. 27, 2020 100 pts

World Diabetes Day

To complete this, post a picture in the SmartHealth Community Feed.

About this activity

Chances are that you are personally affected by diabetes through yourself, a loved one, or a coworker. To complete this activity and automatically get your 100 points, join the diabetes awareness campaign by posting a picture of you wearing blue with the hashtag #WDDWashington on the [SmartHealth Community Feed](#) to support World Diabetes Day on November 14. Encourage your family, friends, and coworkers to learn more about diabetes!

More Information

Diabetes is a chronic disease that affects how your body turns food into energy. Over time, if too much blood sugar stays in your bloodstream, it can cause other serious health problems, like heart disease, vision loss, and kidney disease.

In Washington, nearly 2 million people have prediabetes, and most do not know they have it. Prediabetes is a serious health risk where blood sugar levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes. You can prevent or delay type 2 diabetes through healthy lifestyle changes like being active and eating well.

Learn more by clicking on the resources below:

- [Learn quick facts](#) and national statistics for diabetes.
- Get the facts. [Read this article](#) debunking common diabetes myths.
- Learn more about your prediabetes and diabetes benefits [through PEBB](#) or [through SEBB](#).

[SmartHealth Community Feed](#)

Winter Workout

Winter Workout
November 2, 2020 - December 31, 2020

REWARD
50 pts/wk (450 pts)

ACTIVITY TYPE

- Participation: Individual
- Tracking: Numeric
- Report Type: Manual, Device

STRATEGY TEXT
To complete this challenge, exercise at least 150 minutes each week.


LEADERBOARDS
Demographic Tag: No value
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

ENERGY LEVEL EXERCISE & FITNESS HEALTHY BLOOD SUGAR HEALTHY WEIGHT

HEART HEALTH

PAGE FILTERS
Default
"Default" equates to both "Home" and "Dimension" pages



Winter Workout

0 0 50 pts/wk

Nov. 2, 2020 - Dec. 31, 2020 50 pts/wk

Winter Workout

To complete this challenge, exercise at least 150 minutes each week.

About this activity

Staying active during the winter months is important, and there are plenty of winter activities that help get your body moving and your heart pumping. Aim for 150 minutes per week, or 30 minutes a day, 5 days a week. Read below for some great winter workouts you can do outside.

More Information

Regular exercise is critical for good health, even during the winter. Moderate activity and exercise helps you improve your circulation, keeps you warm, strengthens your heart, improves your sleep and makes you feel more relaxed and rested. Be sure to dress appropriately for the weather and stay hydrated.

Here are some fun winter exercise activities that take advantage of the colder months:

- Cross-country skiing
- Downhill skiing
- Snowshoeing
- Snowboarding
- Ice-skating
- Snow shoveling
- Walking

Fun winter activities for kids:

- Build a snow fort or have a snowball fight
- Take a winter hike and collect pine cones
- Build a snowman

Share Motivational Videos with Your Team (Team Activity)

Share Motivational Videos with Your Team

November 2, 2020 - December 31, 2020

REWARD
200 pts

ACTIVITY TYPE

- Participation: Team
- Tracking: Numeric
- Report Type: Manual

STRATEGY TEXT
To complete this team challenge, collectively track at least 12 motivational videos.

TEAM SIZE
4 - 12

DAILY SELF REPORT LIMIT (RECOMMENDED NO LIMIT)
1


LEADERBOARDS
Demographic Tag: No value
Individual Leaderboard is included when a Tag is selected

DIMENSIONS

APPRECIATING LIFE OPENNESS & OPTIMISM FEELING ENERGIZED SENSE OF TEAM

SELF-LEADERSHIP

PAGE FILTERS
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"Default" equates to both "Home" and "Dimension" pages



Share Motivational Videos with Your Team

0 0 200 pts

Nov. 2, 2020 - Dec. 31, 2020 200 pts

Share Motivational Videos with Your Team

To complete this team challenge, collectively track at least 12 motivational videos.

About this activity

There's no shortage of inspiring and uplifting video content; some good examples include TED and TEDx Talks. But don't keep these awesome videos to yourself! Share them with your coworkers and team members in an email (provided your manager gives the go-ahead). You could also show your team these videos in person, for example, using one as an energizing start to an early-morning meeting. Some videos can also make for good discussion content, especially if the speaker comes from your industry or is discussing a topic particularly relevant to your team and its initiatives.