

Stay *well* during summer break

Make this a self-care summer, a time to recharge, a time to build resiliency and focus on your well-being. Use your free SEBB wellness benefits to support you.

SmartHealth is your voluntary wellness program that supports whole person well-being.

Join activities that support all of you, including managing stress, building resiliency, and adapting to change.

1. Get started or keep earning points at smarthealth.hca.wa.gov.
2. Take the well-being assessment and earn 800 points.
SmartHealth offers activities that align with your assessment outcomes.
3. Qualify. Join and track activities to earn at least 2,000 points by November 30, 2023, to qualify for a **\$125 wellness incentive**.

SmartHealth activities you might enjoy this summer

Available through September 3

Investment Strategies for a Happy Retirement

Where you put your money matters — especially when you're saving for retirement. Learn strategies from financial expert Chris Farrell.

Reach for Fitness

Being able to identify specific goals is a great way to know where you are, where you want to go and recognize when you've hit milestones. Whatever your fitness goals, write down at least one specific goal.



Available starting July 3:

How to Listen More and Talk Less

Learn how to improve your listening skills — and reap the rewards of more effective conversations.

Blue Zoning Your Environment

Making small adjustments to your environment can help you sustain healthy habits more easily. Set yourself up like the people in the “Blue Zones” of the world do.

Start a Family Tradition

Family traditions help bring people closer together, celebrate heritage, offer comfort and add rhythm to our lives

Create a Vision Board

Show others that when it comes to your goals, you mean business. Create a vision board to illustrate your hopes and dreams.

More free wellness benefits from your SEBB medical plan

Programs to reduce the risks of type 2 diabetes.

Learn more about your medical plan's resources on HCA's website at hca.wa.gov/sebb-dpp.

Programs to help you live tobacco free.

Learn more on HCA's website at hca.wa.gov/tobacco-free-sebb.

Prefer mobile? Download the Limeade ONE mobile app. If you need help, see the Accessing SmartHealth guide at: hca.wa.gov/sebb-smarthealth.



smarthealth.hca.wa.gov

Smart  Health