



Stay well during summer break

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

SmartHealth is a secure, voluntary, online, and mobile-friendly wellness platform that both supports and rewards you as you work toward your well-being goals.

SmartHealth uses a whole-person approach, concentrating on four key life areas: physical, emotional, financial, and work/life.

1. Get started or keep earning points at smarthealth.hca.wa.gov.
2. Complete the Well-being Assessment and earn 800 points. SmartHealth offers activities that align with your assessment outcomes.
3. Choose from a variety of activities to help you reduce stress, build resiliency, improve connections, and more.
4. Earn points for each activity completed. Earn 2,000 points by November 30, 2020 to qualify for a **\$125 wellness incentive**.

Learn more: hca.wa.gov/sebb-smarthealth

Activities you might enjoy this summer:

- WHIL mental and emotional well-being programs (available through June 2020)
- Yale University's Science of Well-Being course
- Walking challenges

More free wellness benefits

Programs to reduce the risks of type 2 diabetes

More than 1 in 3 American adults have prediabetes, a serious health condition that can result in type 2 diabetes.

SEBB medical plans offer programs to help you reduce the risks for type 2 diabetes. Learn more about your medical plan's resources: hca.wa.gov/sebb-dpp

Programs to help you live tobacco free

Living tobacco free helps you breathe easier, feel better, and have more energy to do what you enjoy.

SEBB medical plans offer support for living tobacco free. Learn more: hca.wa.gov/tobacco-free-sebb

Be well, and enjoy your summer!

Prefer mobile? Download the Limeade mobile app and enter the code **SmartHealth**.

