Reward yourself
with 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.

Each year, start by completing your well-being assessment. SmartHealth suggests activities that align with your assessment outcomes. Learn more about SmartHealth on HCA's website at **hca.wa.gov/pebb-smarthealth**.

Earn points for each activity you complete. Earn a total of 2,000 points by **November 30, 2026**, to qualify for the $125 wellness incentive.*

*For subscribers enrolling in PEBB medical with an effective date in October through December, the deadline is December 31. The $125 wellness incentive is distributed in 2026 as a reduction to the subscriber's medical deductible, or for consumer-directed health plan subscribers, a deposit into the health savings account.



Complete your well-being assessment

800 points

Get a better understanding of your physical, emotional, work, and financial well-being.

Need activity ideas?



SmartHealth Giving Campaign

200 points

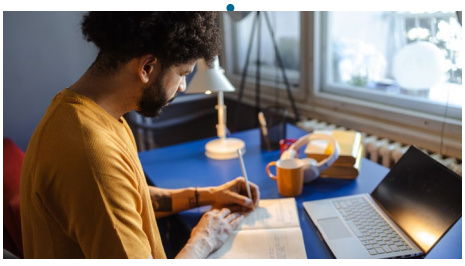
When we perform selfless acts for others, we help our own well-being.



Energizer break: Chair yoga

75 points

Participate in a beginner-friendly stretch break and boost your energy.



Poetry for peace of mind

75 points

Write poetry to relieve stress, promote relaxation, and articulate emotions.



Decode your paystub

75 points

Take time to review your paystub, deductions, and related benefits.

SmartHealth

smarthealth.hca.wa.gov

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