

# 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/sebb-smarthealth](https://hca.wa.gov/sebb-smarthealth).

Earn points for each activity you complete. Earn a total of 2,000 points by **November 30, 2021**, to qualify for the \$125 wellness incentive.\*

\*The \$125 wellness incentive is distributed in 2022 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 assessment

*800 points*

Completing the well-being assessment will help you understand the many dimensions of well-being.



## Cook at home with Andrew Zimmern

*100 points*

Learn cooking skills and recipes with chef Andrew Zimmern.



## Give a little, help a lot

*200 points*

Helping others is good for our mental health and well-being. Give back in one or more ways suggested in this activity.



## Dealing with debt

*100 points*

There's good debt, and there's bad debt. Learn the difference with expert Chris Farrell.



## How to spot burnout

*50 points*

Watch the video to learn how to recognize the signs of burnout and take steps to alleviate stress before it becomes chronic.

Smart  Health

[SmartHealth.hca.wa.gov](https://SmartHealth.hca.wa.gov)