

SmartHealth

**Subject**: Support for your well-being

[SmartHealth](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb) is featuring a large library of courses from RethinkCare to help you reduce stress, increase resilience, and improve mental well-being. Try daily sessions and mini courses for mindfulness, sleep, emotional intelligence, improved relationships, and more.

SmartHealth is Washington State's voluntary wellness program that supports you on your journey toward living well. It is included in your SEBB benefits.

Check out these activities in SmartHealth:

* Cultivate Healthy Thoughts with RethinkCare
* Mindfulness Basic Training with RethinkCare
* One-Minute Improvements with RethinkCare
* Building Self-Awareness with RethinkCare

[Sign in](https://smarthealth.hca.wa.gov/Home) today and advance on your well-being journey.

**Qualify for a $125 Wellness Incentive**

Each year, complete the [SmartHealth](https://smarthealth.hca.wa.gov/Home) well-being assessment (worth 800 points) and reach a total of 2,000 SmartHealth points by November 30.

**Learn more about SmartHealth**

* Visit the [SmartHealth webpage](https://www.hca.wa.gov/employee-retiree-benefits/sebb-smarthealth).
* Review the [basic steps to log on to SmartHealth](https://www.hca.wa.gov/assets/program/Basics-Accessing-SmartHealth.pdf) or [Accessing SmartHealth guide](https://www.hca.wa.gov/assets/program/Accessing-SmartHealth-guide-10-2022.pdf).
* Watch the [SmartHealth Stories](https://www.youtube.com/embed/y1ISsRiOu4o) video and [SmartHealth Overview](https://youtu.be/Y6s7xyTf3bg) video.