Stay Well During Summer Break (SEBB)

**Subject/header:** Stay well during summer break

As the end of the school year nears, we encourage you to make the most of your summer break by prioritizing your well-being. Take time to recharge, practice self-care, build resilience, and focus on yourself.

Attached is a flyer outlining SEBB wellness resources available to support you. Make sure to explore [SmartHealth](http://smarthealth.hca.wa.gov/Home) and watch for new activities being added throughout the summer.

**Qualify for a $125 wellness incentive in 2025!**

Eligible subscribers can qualify for a $125 reduction off their SEBB medical plan deductible or a one-time $125 deposit into their health savings account (HSA) if they have a high-deductible health plan (HDHP). Complete the well-being assessment and other activities to earn a total of 2,000 points by November 30, 2024.

Learn more about SmartHealth on [HCA’s website](https://www.hca.wa.gov/employee-retiree-benefits/sebb-smarthealth). Visit [Accessing SmartHealth](https://www.hca.wa.gov/employee-retiree-benefits/accessing-smarthealth) for help logging on.

Thank you for all you do!

The SmartHealth Team

*Supporting you on your journey toward living well*

**[](https://smarthealth.hca.wa.gov/)**