

**Subject**: A gateway to a healthier you

In 2024, [SmartHealth](https://smarthealth.hca.wa.gov/) is better than ever. Together with WebMD, we're committed to prioritizing your well-being and helping you thrive.

Whether the aim is to maintain your current health, boost fitness, manage stress, or explore ways to enhance your overall well-being, [SmartHealth](https://smarthealth.hca.wa.gov/) is here to help. Your journey to a healthier state is personal and unique, and we're dedicated to supporting you every step of the way.

**Get your personalized health report in just 10 to 15 minutes!**

The SmartHealth well-being assessment is your gateway to understanding your current health

status, guiding you toward next steps and tailoring your homepage with empowering

insights for a healthier and happier life.

When you complete the well-being assessment, you earn 800 points, getting you a step closer to [qualifying for a $125 wellness incentive](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb#how-to-qualify) in 2025.

**Have questions about SmartHealth?**

[Contact WebMD online](https://smarthealth.hca.wa.gov/contact) or call WebMD Customer Support at 1-800-947-9541, Monday through Friday, 7 a.m. to 7 p.m. You can also visit [Accessing SmartHealth](https://www.hca.wa.gov/employee-retiree-benefits/accessing-smarthealth) for step-by-step log on instructions.