

You still have time to qualify for a \$125 wellness incentive in 2016—it's easy!

Haven't started?

Step 1 Visit www.smarthealth.hca.wa.gov and select *Get started*.

Step 2 Complete the **SmartHealth Well-being Assessment (800 points)**.

If you don't have internet access, you can complete the Well-being Assessment by phone. Call SmartHealth Customer Service toll-free at 1-855-750-8866 (Monday through Friday, 7 a.m. to 7 p.m. Pacific Time).

Step 3 Join and complete activities that interest you (see examples below).

When you join and complete activities on SmartHealth's website, you earn points. Earn 2,000 total points by June 30, 2015*, and you'll qualify to receive a \$125 wellness incentive in 2016.

**If your PEBB medical coverage became effective in April or May, you have a different deadline and requirements to qualify for the \$125 wellness incentive in 2016. Visit www.hca.wa.gov/pebb/Pages/wellness.aspx for details.*

Almost there?

These new activities have higher points, and can help you reach your 2,000-point goal faster:



Mindful Mondays

To feel more peaceful on Monday morning, take two breaks to stop, look, and listen.

(Up to 500 points)



Hold a Walking Meeting

Just say no to the conference room! Take a stroll outside to talk shop and enjoy the weather.

(200 points)



Plant a Garden

Plant your seeds, watch them grow, and have fun as you enjoy your homegrown goods.

(300 points)



Visit a State Park

Spend at least 30 minutes exploring and enjoying any of Washington's 124 state parks.

(200 points)

Need more incentive?

You'll have a chance to win Mariners tickets!

Three lucky SmartHealth participants will win:

- Four Diamond Club tickets to a Mariners baseball game (behind home plate)
- Free gourmet buffet and drinks
- Free VIP parking at Safeco Field for two vehicles

The more you participate in SmartHealth, the more chances you have to win!

| If you: | You'll be automatically registered for a drawing on: | To win four Mariners tickets for this game day: |
|--|--|---|
| Complete the SmartHealth Well-being Assessment by May 31, 2015 | June 1, 2015 | June 20, 2015 |
| Earn 2,000 total points (including completing the SmartHealth Well-being Assessment) by June 30, 2015 | July 1, 2015 | July 10, 2015 |
| Earn 3,000 total points (including completing the SmartHealth Well-being Assessment) by June 30, 2015 | July 1, 2015 | August 22, 2015 |

Winners are responsible for paying taxes on value of prizes. For details, visit www.hca.wa.gov/pebb/Pages/wellness.aspx.