



Welcome to SmartHealth, the state's voluntary and confidential wellness program for eligible members of the Public Employees Benefits Board (PEBB) Program. SmartHealth rewards you with a \$125 wellness incentive for participating in healthy activities once you meet the requirements.

How to use the SmartHealth website to earn the wellness incentive.

We've invested in a best-in-class website that makes healthy lifestyle activities fun, challenging, and social – whether you're just starting or experienced with wellness efforts. The SmartHealth website tracks your progress for you, so you can easily see how you're doing and follow the leaderboards to find out how you stack up against your colleagues. You can connect most activity trackers (Fitbit, Jawbone Up, MapMyRun, etc.) to the website so your data automatically uploads.

Most importantly, the SmartHealth website offers a fresh look and feel with easy-to-use, interactive tools and engaging activities. No paper forms to fill out! The SmartHealth website tracks your progress for you. To learn more about how to use the site, check out the "SmartHealth Program Detective" activity for a how-to video!

SmartHealth's website will help you take steps to improve your health and well-being, while having fun and connecting with others. There are plenty of activities to choose from to earn points as you progress on your wellness journey. When you (the subscriber) complete the Well-being Assessment and earn 2,000 points by the required deadline provided on the SmartHealth website, you'll qualify for a \$125 wellness incentive in 2017!

Who is eligible to earn the \$125 wellness incentive in 2017?

You (the subscriber) must meet the two criteria below both when you complete the required activities in 2016, and when the wellness incentive is distributed in 2017 to qualify for the \$125 incentive:

- 1. You (the subscriber) are enrolled in a PEBB medical plan.**



- 2. You are not enrolled in Medicare Part A and Part B as your primary coverage.**

Eligible subscribers, their spouses or registered domestic partners enrolled in a PEBB medical plan can participate and earn points on the SmartHealth website. However, **only eligible subscribers can qualify for a \$125 wellness incentive in 2017.**

How do I get started?

Step 1 Visit www.smarthealth.hca.wa.gov and select **Get started** to walk through the activation process.

Step 2 **Take the SmartHealth Well-being Assessment.**

After signing in, find the Well-being Assessment option at the top of the page. The Well-being Assessment can help you understand your strengths and areas of improvement, and suggest SmartHealth activities to help you reach your well-being goals.

You earn 800 points for completing the Well-being Assessment by the deadline explained on the SmartHealth website.

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).

Please note: You cannot earn SmartHealth points by completing your PEBB medical plan's health assessment. Only the SmartHealth Well-being Assessment earns points toward the \$125 wellness incentive.

Step 3 **Join activities that interest you.**

After completing the SmartHealth Well-being Assessment, you need to complete activities shown on SmartHealth's website to earn more points. Luckily, you get plenty of choices to choose from, so pick ones that interest you. When you earn 2,000 total points by the required deadline explained on the SmartHealth website, you'll qualify to receive:

- \$125 off your (the subscriber's) PEBB medical plan deductible in 2017.

OR

- A one-time \$125 deposit into your health savings account (if you enroll in a PEBB consumer-directed health plan in 2017).

Here are some of the SmartHealth Activities available in 2016:



Eat Real to Heal

Avoid artificial ingredients and eat real 5 times a week.

(35 points each week)



Get Moving

It doesn't matter what you like to do for exercise - complete 150 minutes of it each week.

(75 points each week)



Heal Your Back

Your back is the center of your body, so stretch to keep it in good shape!

(75 points each week)



Sleep Well

Start a nighttime sleep routine to help you sleep longer and better.

(100 points each week)

Throughout the year, the SmartHealth website will offer new activities and challenges, giving you the chance to join in a variety of engaging and fun experiences.

FAQs



How do I know when I earned enough points to qualify?

Simple—with the SmartHealth website, you can see when you've reached your 2,000 points. No guessing, no calculator needed. SmartHealth takes care of the busy work so you can focus on having fun.



Do I have to participate in SmartHealth?

No. Participation is entirely voluntary.



What happens if I don't participate in SmartHealth?

You won't qualify for the \$125 wellness incentive in 2017.



Can I access SmartHealth from my smartphone?

Yes. SmartHealth is available from your computer, tablet, or smartphone.



Can I visit the SmartHealth website while at work?

Workplace policies vary, so it's best to check with your employer and your supervisor first.



Who has access to my Well-being Assessment and activity results?

Your individual Well-being Assessment and activity data are private and confidential under the Health Insurance Portability and Accountability Act (HIPAA). This information is only available to you to create your personal activity plan and track your progress.

The PEBB Program and its contracted vendor, Limeade, will receive information about PEBB membership as a whole (not personalized data) to regularly develop and offer activities to meet members' health needs and interests.



Who can I contact if I have questions?

You can call SmartHealth Customer Service toll-free at 1-855-750-8866 (Monday through Friday, 7 a.m. to 7 p.m. Pacific Time) for questions about the SmartHealth website. For questions about eligibility for the SmartHealth wellness incentive, visit www.hca.wa.gov/pebb/Pages/wellness.aspx or contact the following:

Employees: Your employer's personnel, payroll, or benefits office.

All other subscribers: PEBB Benefits Services at 1-800-200-1004