

# Smart[]Health



**EARN IT**  
2000 pts

\$125 Subscriber Incentive



**KEEP GOING**  
2500 pts

You're on Your Way



**YOU ARRIVED**  
3000 pts

You're a SmartHealth Champion!

## What is SmartHealth?

SmartHealth, the state's voluntary wellness program for eligible members of the Public Employees Benefits Board (PEBB) Program, focuses on your health and well-being. We want you to have fun, stay engaged, and connect with others on your wellness journey.

## With SmartHealth, you can:

- ✔ Take steps to improve your health and well-being.
- ✔ Earn an incentive.
- ✔ Take part in fun and engaging activities.
- ✔ Find camaraderie through competitive challenges.

*Our members are unique,  
and our wellness program  
has grown to meet those  
unique needs.*

## What you'll find online

SmartHealth's website will provide easy-to-use, interactive tools. You can find out where you are on your fitness journey and set goals for where you want to go. Participate in healthy activities, while SmartHealth helps track your progress. With SmartHealth, you can take action to improve your fitness, nutrition, and stress management—even your financial health. It starts with taking a well-being assessment to help customize your wellness experience. From there, you can jump straight into activities that interest you.

## Gain your full benefits

SmartHealth also rewards you for taking advantage of your health plan benefits—such as checkups and immunizations—at no or little cost to you. It's a good practice that can lead to better health and peace of mind.

## Who is eligible for the SmartHealth program and incentive?

These PEBB medical plan subscribers are eligible to participate:

- ✔ Employee subscribers.
- ✔ Retiree subscribers not enrolled in Medicare Part A and Part B.
- ✔ COBRA and PEBB Extension of Coverage subscribers not enrolled in Medicare Part A and Part B.
- ✔ Leave Without Pay subscribers.

## Behind the scenes

The PEBB Program, part of the Washington State Health Care Authority, offers SmartHealth because we care about our members' families and their health.

**Get ready for SmartHealth's launch on January 1, 2015  
to support a healthier and happier you!**