

It's time for SmartHealth Week

SmartHealthWeek

[June 6 – June 12]



Complete the SmartHealth Week Stand and Stretch Activity
by June 12 and earn 200 points.

June 6 -
June 12

Here's how the Activity works

- Log in, or register, to SmartHealth
- Join the Stand and Stretch Activity
- Stand and stretch three times per day,
on five separate days
- Feel great and earn 200 points

www.smarthealth.hca.wa.gov