

| Dates | Name | Short Description | Start Date | End Date | Run Length | Theme | Type | Targeting | Points | Total Points Possible |
|---------------------------|---|--|--------------|--------------|----------------------|--|----------------------|----------------------------------|--------|-----------------------|
| Annual Challenges | | | | | | | | | | |
| Annual Challenges | Complete Your Assessment | Complete your Well-being Assessment. | Tue 1/5/16 | Tue 12/27/16 | 51 | Health Risk/Education | IE (1x) | | 800 | 800 |
| | Get a Preventive Care Check up | Visit your primary care provider this year. | Tue 1/5/16 | Tue 12/27/16 | 51 | Health Risk/Education/Prevention | One-Time | | 200 | 200 |
| | Connect Your Device | Points for connecting your activity tracking device. | Tue 1/5/16 | Tue 12/27/16 | 51 | Engagement | One-Time | | 100 | 100 |
| | Advance Directive | Complete the three parts of an Advance Directive for yourself or a loved one. | Tue 1/5/16 | Tue 12/27/16 | 51 | Education/Awareness | One-Time | | 100 | 100 |
| | Eat Real to Heal | Processed foods are high in sugar and contain all sorts of artificial ingredients leading to a variety of health problems. This activity will help you eat healthier, increasing your nutritional, vitamin and mineral intake. | Tue 1/5/16 | Sun 12/25/16 | 51 | Healthy Habits/Nutrition | Tracking Weekly | | 35 | 1785 |
| | Get Moving | Move for 150 minutes a week. | Tue 1/5/16 | Sun 12/25/16 | 51 | Healthy Weight/Movement/Physical Activity | Tracking Weekly | | 75 | 3825 |
| | Heal Your Back | Stretch your back for 15 minutes a day at least 3 times per week. | Tue 1/5/16 | Sun 12/25/16 | 51 | Back Health/Stress Relief | Tracking Weekly | | 75 | 3825 |
| | Just Track It | Track your daily activity at least 3 times a week. | Tue 1/5/16 | Sun 12/25/16 | 51 | Education/Awareness | Tracking Weekly | | 75 | 3825 |
| | SmartHealth Program Detective | Watch this video to learn how to navigate the site. | Tue 1/5/16 | Tue 12/27/16 | 51 | Education/Awareness | One-Time | | 200 | 200 |
| | Sleep Well | Improve your sleep. | Tue 1/5/16 | Sun 12/25/16 | 51 | Education/Awareness/Health | Tracking Weekly | | 100 | 5100 |
| | Visit a State Park | Visit one of Washington's beautiful state parks either by yourself, with a friend or the whole family. | Tue 1/5/16 | Tue 12/27/16 | 51 | Back Health/Healthy Weight/Physical Activity/Stress Relief | Tracking by End Date | | 100 | 100 |
| | Save for Retirement | Contribute to your savings plan. | Tue 1/5/16 | Tue 12/27/16 | 51 | Financial Wellness | One-Time | | 125 | 125 |
| | Introduction to the EAP | Watch the Employee Assistance Program Orientation video or visit the EAP webpage to see information on how to utilize the EAP. | Tue 1/5/16 | Tue 12/27/16 | 51 | Education/Awareness | One-Time | Applicable agencies/sub-agencies | 100 | 100 |
| | Sign In For the First Time | Awarded automatically for Lite users when they sign in for the first time. | Fri 7/1/16 | Tue 12/27/16 | 26 | Engagement/Incentive | IE (1x) | Lite Subgroup | 1000 | 1000 |
| Join Your First Activity! | Awarded to Lite users who join an activity. | Fri 7/1/16 | Tue 12/27/16 | 26 | Engagement/Incentive | One-Time | Lite Subgroup | 200 | 200 | |
| 21285 | | | | | | | | | | |

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| Incentive/Verified Events | | | | | | | | | | |
| Annual Challenges and Verified Events | Preventive Dental Care - DeltaCare | Get a dental checkup. | Tue 1/5/16 | Tue 11/1/16 | 43 | Prevention/Education | Verified (1x) | Dental = 4 Relationship Code = 0 | 200 | 200 |
| | Preventive Dental Care - UDP | Get a dental checkup. | Tue 1/5/16 | Tue 11/1/16 | 43 | Prevention/Education | Verified (1x) | Dental = 1 Relationship Code = 0 | 200 | 200 |
| | Preventive Dental Exam - Willamette Dental Group | Get a dental checkup. | Tue 1/5/16 | Tue 11/1/16 | 43 | Prevention/Education | Verified (1x) | Dental = 3 | 200 | 200 |
| | Diabetes Prevention Program - Group Health | Complete any 9th class of a 16 week, evidence based course that can reduce your chances of developing diabetes by over 50% - Group Health/DPCA. | Tue 1/5/16 | Tue 11/1/16 | 43 | Health Risk/ Education/Prevention | Verified (1x) | Medical = C, CHSA, CV, C1 Risk = Healthy Blood Sugar | 300 Start/200 Complete | 500 |
| | Diabetes Prevention Program (NOT ME) - UMP (Regence) | Complete any 9th class of a 16 week, evidence based course that can reduce your chances of developing diabetes by over 50% - Regence/DPCA. | Tue 1/5/16 | Tue 11/1/16 | 43 | Health Risk/ Education/Prevention | Verified (1x) | Medical = U, U1, U2, UHSA Risk = Healthy Blood Sugar | 300 Start/200 Complete | 500 |
| | Diabetes Prevention - Kaiser | Complete any 9th class of a 16 week, evidence based course that can reduce your chances of developing diabetes by over 50% - Omada/Kaiser Permanente. | Tue 1/5/16 | Tue 11/1/16 | 43 | Health Risk/ Education/Prevention | Verified (1x) | Medical = D, DHSA, DV Risk = Healthy Blood Sugar | 300 Start/200 Complete | 500 |
| | Diabetes Control Program - UMP (Regence) | Quarterly consultation (up to 4 times per year for 1 hour) with specially trained pharmacists to help improve/control diabetes - Regence/DPCA. | Tue 1/5/16 | Tue 11/1/16 | 43 | Health Risk/ Education/Prevention | Verified (4x) | Medical = U, U1, U2, UHSA Risk = Healthy Blood Sugar | 125 | 500 |
| | Living Well Workshops - Group Health | Earn points on the completion of at least 4 Living Well Workshops (points awarded at the 6th session) - Group Health. | Tue 1/5/16 | Tue 11/1/16 | 43 | Health Risk/ Education/Prevention | Verified (1x) | Medical = C, CHSA, CV, C1 | 300 Start/200 Complete | 500 |
| | Quit Tobacco - UMP (Regence) | Tobacco Cessation Program (completion points awarded at the 5th session) - Alere/Regence. | Tue 1/5/16 | Tue 11/1/16 | 43 | Health Risk/ Education/Prevention | Verified (2x) | Medical = U, U1, U2, UHSA Risk = Smoke Free Living | 300 Start/200 Complete (2x) | 1000 |
| | Quit Tobacco - Group Health | Tobacco Cessation Program (completion points awarded at the 5th session) - Alere/Group Health. | Tue 1/5/16 | Tue 11/1/16 | 43 | Health Risk/ Education/Prevention | Verified (2x) | Medical = C, CHSA, CV, C1 Risk = Smoke Free Living | 300 Start/200 Complete (2x) | 1000 |
| | Quit Tobacco (Breathe Online Digital Coaching) - Kaiser | Online - Kaiser Permanente. | Tue 1/5/16 | Tue 11/1/16 | 43 | Health Risk/ Education/Prevention | Verified (2x) | Medical = D, DHSA, DV Risk = Smoke Free Living | 500 (2x) | 1000 |
| | Quit Tobacco (Phone) - Kaiser | Telephonic (completion points awarded at the 2nd call) - Kaiser Permanente. | Tue 1/5/16 | Tue 11/1/16 | 43 | Health Risk/ Education/Prevention | Verified (2x) | Medical = D, DHSA, DV Risk = Smoke Free Living | 300 Start/200 Complete (2x) | 1000 |
| | Health Coaching - Group Health | Earn points on the completion of at least 3 sessions in health coaching - Group Health. | Tue 1/5/16 | Tue 11/1/16 | 43 | Health Risk/ Education/Prevention | Verified (1x) | Medical = C, CHSA, CV, C1 | 300 Start/200 Complete | 500 |
| Wellness Coaching - Kaiser | Earn points on the completion of at least 2 calls in telephonic health coaching - Kaiser Permanente. | Tue 1/5/16 | Tue 11/1/16 | 43 | Health Risk/ Education/Prevention | Verified (1x) | Medical = D, DHSA, DV | 300 Start/200 Complete | 500 | |
| 8100 | | | | | | | | | | |

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| January 5 - April 3 | | | | | | | | | | |
| January - March | Early Bird Bonus - Governor's Challenge | Complete the Well-being Assessment by 3/31/16 to earn bonus points | Tue 1/5/16 | Thu 3/31/16 | 13 | Engagement | Incentive Event | | 100 | 100 |
| | Cardio for Beginners! | Cardio is an aerobic exercise that gets your heart rate up and increases blood circulation. This beginner challenge will help your heart get stronger. | Tue 1/5/16 | Sun 4/3/16 | 13 | Exercise | Tracking Weekly | | 125 | 1625 |
| | Healthy Pantry | Clean out the pantry to start the new year with the healthy foods you want to eat. | Tue 1/5/16 | Sun 4/3/16 | 13 | Nutrition | One-Time | | 100 | 100 |
| | Track Your Zzzz's | Sleep is an essential part of a healthy lifestyle. Experts recommend at least 7-8 hours per night. This activity will help you get a sense of how 'well' you sleep. | Tue 1/5/16 | Sun 4/3/16 | 13 | Sleep | Tracking Weekly | | 100 | 1300 |
| | Nighttime is Device-Free Time | A good night's sleep impacts how well you function in your waking hours. "Unplug" at least 1 hour before bed, 3 times per week. This will give your brain a chance to unwind and get ready for sleep. | Tue 1/5/16 | Sun 4/3/16 | 13 | Sleep | Tracking Weekly | | 75 | 975 |
| | Three Meals a Day | Eating at regular times throughout the day is important for your health. Avoid not eating for long periods of time between meals. Establishing a good eating habit will help you improve your metabolism. | Tue 1/5/16 | Sun 4/3/16 | 13 | Nutrition/Energy | Tracking Weekly | | 75 | 975 |
| | Subscribe to the EAP | Subscribe to receive EAP news and publications. | Tue 1/5/16 | Sun 4/3/16 | 13 | Stress | One-Time | | 125 | 125 |
| | The Bright Side of Stress | Getting a better handle on stress is crucial to living a healthier and happier life. This activity will help you identify the symptoms/reasons causing you to feel stressed. | Tue 1/5/16 | Sun 4/3/16 | 13 | Stress Awareness/ Education/Relief | One-Time | | 75 | 75 |
| | Pay It Forward | Has someone helped you through a difficult time or given you a lift when you needed it most? Take that act of kindness and "pay it forward" by helping someone else who needs support. | Tue 1/5/16 | Sun 4/3/16 | 13 | Community Service/Social | Tracking Weekly | | 75 | 975 |
| | Dental Health | Adopt the healthy habit of flossing one time and cleaning/brushing your teeth two times per day throughout the year. | Tue 1/5/16 | Sun 4/3/16 | 13 | Health | Tracking by End Date | | 200 | 200 |
| Perfect Start - Beginner Flexibility | Yoga can help you live a healthier and more relaxed life. This beginner program is about awareness - helping you notice the needs of your body and mind. | Tue 1/5/16 | Sun 4/3/16 | 13 | Flexibility/Exercise | Tracking Weekly | | 75 | 975 | |
| 7425 | | | | | | | | | | |
| April 4 - July 3 | | | | | | | | | | |
| | Allergy Alert | Content TBD. | Mon 4/4/16 | Sun 7/3/16 | 13 | Health | Tracking Weekly | | 100 | 1300 |
| | Governor Walks for SmartHealth | Walk with the Governor. | TBD | TBD | TBD | Engagement | One-Time | | 200 | 200 |
| | Am I Hungry? Really? | Constant snacking is one of the easiest ways to gain weight. This activity will help you avoid unneeded calories, notice your eating patterns and identify your hunger levels. | Mon 4/4/16 | Sun 7/3/16 | 13 | Nutrition | Tracking Weekly | | 125 | 1625 |

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| April - June | Watch Your Portions | For weight control, how much you eat is very important. Receive helpful information you on how to eat healthier: serving portion, serving size and portion size. | Mon 4/4/16 | Sun 7/3/16 | 13 | Nutrition | Tracking Weekly | | 100 | 1300 |
| | Quarterly EAP Activity | Quarterly EAP Activity. | Mon 4/4/16 | Sun 7/3/16 | 13 | Stress | One-Time | | 125 | 125 |
| | Soda Swap | Heavy soda consumption is associated with weight gain, increase in blood glucose and increased insulin. This activity will help you lower all of these health risks, while also helping you stay hydrated. | Mon 4/4/16 | Sun 7/3/16 | 13 | Nutrition | Tracking Weekly | | 25 | 325 |
| | Get Your Heart Rate Up! | Cardio is an aerobic exercise that gets your heart rate up and increases blood circulation. Longer workouts will not only get your heart stronger, but also help you lose weight. (Incorporate strength and stretching exercises for a full-body workout.) | Mon 4/4/16 | Sun 7/3/16 | 13 | Exercise/Physical Activity | Tracking Weekly | | 50 | 650 |
| | Plant a Garden | This activity was very popular in 2015 and encourages physical activity, relaxation and spending time in the garden. It can be fun and used as a great outdoor family activity. | Mon 4/4/16 | Sun 7/3/16 | 13 | Engagement/Achievement | Tracking by End Date | | 50 | 50 |
| | Take It Outside | Walking meetings allow you to incorporate movement into your day. They are a great physical activity, and a much needed shift that can inspire new ideas and stimulate creativity. | Mon 4/4/16 | Sun 7/3/16 | 13 | Exercise/Physical Activity | Tracking Weekly | | 50 | 650 |
| | Sleep Sanctuary | Environmental conditions, such as temperature, noise, light, bed comfort and use of electronics affect the quality of your sleep. This activity will help you create the environment that you need for a good night's sleep. | Mon 4/4/16 | Sun 7/3/16 | 13 | Sleep | One-Time | | 50 | 50 |
| 6275 | | | | | | | | | | |
| July 4 - October 2 | | | | | | | | | | |
| | Mindful Eating | Mindful eating is about bringing one's full attention to the process of eating —to all the tastes, smells, thoughts, and feelings that arise during a meal. This activity will teach you how to eat based on internal cues (not overeating, etc.) | Mon 7/4/16 | Sun 10/2/16 | 13 | Nutrition | Tracking Weekly | | 75 | 975 |
| | Weed Your Garden | Enjoy the beautiful summer outdoors while you tend to your garden at least 5 times. | Mon 7/4/16 | Sun 10/2/16 | 13 | Exercise/Physical Activity/Emotional | Tracking by End Date | | 125 | 125 |
| | Contribute to the Combined Fund Drive | Contribute to the Combined Fund Drive. | Mon 7/4/16 | Sun 10/2/16 | 13 | Community and Engagement | One-Time | | 125 | 125 |
| | Stress Busting (Restorative) | This activity will help you reduce stress. It will provide you with ideas for restorative activities to help you relax and calm your mind, such as yoga, massage, meditation, and Tai Chi. | Mon 7/4/16 | Sun 10/2/16 | 13 | Stress | Tracking Weekly | | 50 | 650 |
| | Quarterly EAP Activity | Quarterly EAP Activity. | Mon 7/4/16 | Sun 10/2/16 | 13 | Stress | One-Time | | 125 | 125 |

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| July - September | Cut the Stimulants | Caffeine/Nicotine/Pseudoephedrine/etc. can cause many serious sleep problems (disruptive sleep, causing tiredness and nervousness). This challenge will provide you with educational information of how stimulants affect your sleep. | Mon 7/4/16 | Sun 10/2/16 | 13 | Sleep | One-Time | | 125 | 125 |
| | The Magic Hour | Daily work and personal responsibilities can make it hard for you to get the sleep that you need. This activity will help you make a conscious decision to power down and relax, allowing you to sleep well and recharge. | Mon 7/4/16 | Sun 10/2/16 | 13 | Sleep | Tracking Weekly | | 50 | 650 |
| | Financial Awareness | 401 K Challenge/Beneficiary? | Mon 7/4/16 | Sun 10/2/16 | 13 | Finance | One-Time | | 150 | 150 |
| | Attend a Community Event | One time, self reported - attend an event in your community. | Mon 7/4/16 | Sun 10/2/16 | 13 | Community and Engagement | Tracking by End Date | | 75 | 75 |
| | Blast Fat, Fast (Intermediate Cardio) | Cardio is essential at any age. Regular aerobic exercises improve heart health, and combined with strength training, can prevent injury and build stronger bones. This activity will help you create a physical routine that matches your physical abilities. | Mon 7/4/16 | Sun 10/2/16 | 13 | Flexibility/Exercise | Tracking Weekly | | 75 | 975 |
| | Community Fitness Challenge | One time, self reported - attend any kind of fitness event/walk in your community. | Mon 7/4/16 | Sun 10/2/16 | 13 | Engagement/Achievement/Physical Activity | One-Time | | 100 | 100 |
| | Back Health | Back pain is one of the most common health related complaints people have. This activity will provide you with educational information on how to take proactive steps in keeping your back healthy, like learning about the benefits of regular stretches and strength training. | Mon 7/4/16 | Sun 10/2/16 | 13 | Health | Tracking Weekly | | 125 | 1625 |
| | Get Information About Your 2017 Benefit Options | Attend a benefit fair or view a webinar to get information about your 2017 benefit options. | Thu 9/1/16 | Mon 10/31/16 | 9 | Education | One-Time | | 125 | 125 |
| 5825 | | | | | | | | | | |
| October 3 - December 27 | | | | | | | | | | |
| October - December | Label Literacy | Help improve your food label literacy - providing you with knowledgeable information on how to improve your diet. | Mon 10/3/16 | Tue 12/27/16 | 13 | Nutrition | Tracking Weekly | | 25 | 325 |
| | Eat on the Edge | This activity will guide you where you can find fresh foods and motivate you to avoid the center aisles where junk foods lurk. | Mon 10/3/16 | Tue 12/27/16 | 13 | Nutrition | Tracking Weekly | | 25 | 325 |
| | The Power of Napping | Power naps can help you relax and recuperate. This activity will provide you with educational information about the benefits of napping. | Mon 10/3/16 | Tue 12/27/16 | 13 | Sleep/Energy Level | Tracking by End Date | | 50 | 50 |
| | Treating chronic sleep issues | This activity will help you determine if you are suffering from a sleeping disorder, such as sleep apnea or chronic insomnia. Visit a sleep clinic vs. PCP or talk to your doctor. | Mon 10/3/16 | Tue 12/27/16 | 13 | Sleep/Energy Level | Tracking Weekly | | 75 | 975 |
| | The Natural Way | To help ward off depression and suggest exercises to help you stimulate anti-anxiety effects. | Mon 10/3/16 | Tue 12/27/16 | 13 | Stress | Tracking Weekly | | 50 | 650 |

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| | Fight or Flight? | This activity will teach you how deep breathing is a simple, yet, powerful relaxation technique. | Mon 10/3/16 | Tue 12/27/16 | 13 | Stress Reduction | Tracking Weekly | | 50 | 650 |
| | Quarterly EAP Activity | Quarterly EAP Activity. | Mon 10/3/16 | Tue 12/27/16 | 13 | Education/Awareness/Support | One-Time | | 150 | 150 |
| | Bicep Curl | Introduce core, upper body and leg exercises for a full body workout, helping you stay in shape. | Mon 10/3/16 | Tue 12/27/16 | 13 | Flexibility/Exercise | Tracking Weekly | | 50 | 650 |
| | Stretch for Life | Get more flexible and improve your balance.This activity is great for your physical and mental state of mind as yoga also helps reduce stress. | Mon 10/3/16 | Tue 12/27/16 | 13 | Flexibility/Exercise | Tracking Weekly | | 35 | 455 |
| | | | | | | | | | | 4230 |