

HCM USER GROUP, SPRING QUARTER

# Movement, Relaxation + SmartHealth

Maria Royall, Washington Wellness

Jamie Wise, WebMD

**WebMD**  
HealthServices

Smart[]Health



# Presenter Information

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## Maria Royall, CWP

Health Promotion Consultant – Higher Ed  
Health Care Authority

### Presenter Bio

- Maria provides outreach, training, and support aimed at helping PEBB Higher Ed institutions build, grow, and sustain effective employee wellness programs.
- She holds her Bachelor's in Kinesiology from Washington State University, and a Certified Wellness Practitioner designation from the National Wellness Institute.



# Presenter Information

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## Jamie Wise

Program Manager, Dedicated Well-being Services  
WebMD

## Presenter Bio

- Jamie Wise is the Dedicated Well-being Services Program Manager with WebMD, which administers the SmartHealth program. She has over 14+ years of experience as a Registered Dietitian Nutritionist and National Board-Certified Health and Wellness Coach.
- Jamie lives in Seattle, WA, and enjoys developing strategies and collaborating on ways to best serve employees across the state to enhance well-being, engagement, and improve retention.



# Agenda

1. SmartHealth + WebMD
2. Movement: Chair Yoga
3. Relaxation: Wildlife Sanctuary

# SmartHealth + WebMD

- Check out the new platform: [SmartHealth.hca.wa.gov](https://SmartHealth.hca.wa.gov)
- Google: SmartHealth PEBB
  - Tobacco Cessation, Diabetes Management, SmartHealth
- Challenges:
  - The Invitational, ends May 14
  - Five to Thrive, starts June 19



# Self-Check

- Please take a moment to transition your attention.
- How are you feeling?



# Chair Yoga



Take a few moments to reduce tension, improve your range of motion, and add movement to your day. Hold each pose for three to five breaths.

*Always consult with your physician before beginning any exercise program. This general information is not meant to replace your health care professional. If you experience any pain or difficulty with these exercises, stop and consult with your health care provider.*



## Shoulder Stretch

Drop your right ear to your right shoulder. Switch sides.





## Back Stretch

Clasp your hands, straighten your arms in front of you, and press your palms away.



## Low Back Stretch

Hold onto the chair, squeeze your shoulder blades, and lift your chin and chest.



## Full Body Stretch

Interlace your fingers, reach your arms overhead, and press your palms toward the ceiling.

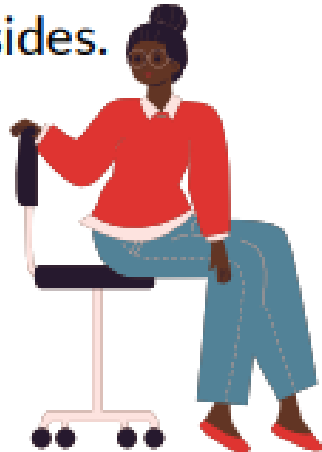
## Side Stretch

Hold onto the chair, reach your right arm overhead, and lean to the left. Switch sides.



## Low Back Stretch

Place your left hand on the outside of your right knee. Gently twist your body to the right. Switch sides.



## Hip Stretch

Cross your right ankle over your left knee. Sit up with a tall spine. Switch sides.



## Leg Stretch

Lift your right leg  
and hug your right  
knee into your chest.  
Switch sides.



# Relaxation: Wildlife Sanctuary





# Contact Us

Washington Wellness

[wawellness@hca.wa.gov](mailto:wawellness@hca.wa.gov)

360-725-1700

TRS: 711 through Washington Relay

Maria Royall

Maria.Royall@hca.wa.gov

Jamie Wise

jwise@webmd.net

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