SmartHealth & WellCoug Program Updates

Maria Royall, CWP
Wellbeing Program Analyst
SmartHealth Updates

• Transitioning from Limeade to WebMD January 1, 2024
• Incentives, eligibility, deadlines, name and branding are not changing
• Web and mobile platforms are changing, as well as new features and capabilities
  • Daily habits
  • Health tracker
  • Mental health podcasts
  • Wellness videos
  • Curated WebMD content
ARTICLES

Heart Disease and Diabetes
Diabetes greatly increases the risk of heart disease. Learn about the risk factors and how to lower them.

How Secure Is Your Health or Fitness App?
Researchers have a warning for those who use health and fitness apps -- your privacy and personal information may be at...

Stress and Cholesterol: Is There a Link?
Could long-term stress lead to high cholesterol?

The Complex Link Between Depression and Weight
Does depression cause weight gain or weight loss? Does weight gain or weight loss cause depression? WebMD helps to unravel...

RA: Exercises That Are Easy On Your Joints
Strengthen muscle and improve joint pain with these arthritis-friendly exercises.

Understanding Heart Attack: Diagnosis and Treatment...
Learn more from WebMD about heart attacks, from diagnosis and treatment to long-term recovery.
WellCoug Program Updates

- Path from 2018-now
- Zo8 award, NWI certification, increased FTE
- Relaunched and reseated WellCoug Champions Network
  - 20 high-level representatives, up from 4 remaining post-covid
- Increased wellness trainings/presentations
- Greater support for wellness efforts within individual colleges/departments
- Greater collaboration with HCA partners and other higher eds
Questions or feedback?
Contact:

Maria Royall
maria.royall@wsu.edu
(509) 335-1819