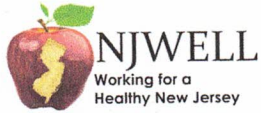


Horizon.



[HorizonBlue.com/shbp](http://HorizonBlue.com/shbp)



**Achieve Your Best Health With NJWELL**





Improve your health and be your best self with NJWELL, your wellness program. NJWELL can help you improve your overall well-being while you earn \$250 or more. And your covered spouse/partner can participate too!

Just earn 800 points by completing the required activities, and you'll receive a Visa® Prepaid card valued at \$250 or more! The amount of your reward is based on your health plan. Visit [nj.gov/njwell](https://nj.gov/njwell) to learn how much you can earn.



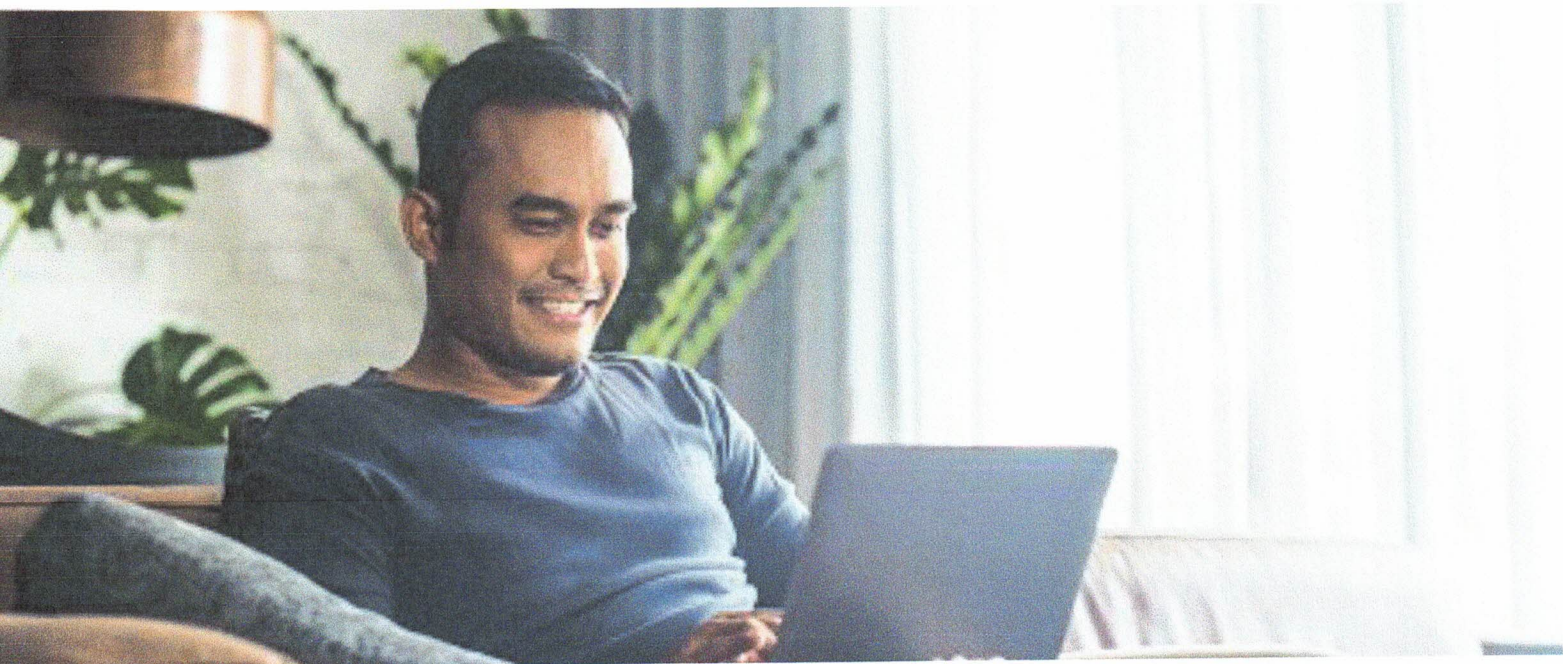
To get started, sign in to [HorizonBlue.com/shbp](https://HorizonBlue.com/shbp) or the **Horizon Blue app**, select *Wellness & Services* and follow the NJWELL prompts. You'll land on the *NJWELL Rewards* page to read all the program details.

### Want a Full App Experience?

Download WebMD's® *Wellness at Your Side* app from the App Store® or Google Play™. Use the code **NJWELL** to complete NJWELL activities and earn points.

**All activities must be completed by October 31, 2022 to earn your reward.**





## How to Earn Points



### Take the Online Health Assessment: 100 Points

This step is required for everyone participating in NJWELL. Complete the secure questionnaire to get a good idea of your overall health. You'll even get a report to share with your doctor.



### Get a Health Screening: 100 Points

This step is required for everyone participating in NJWELL. To complete your health screening, sign in to [my.questforhealth.com](https://my.questforhealth.com). Use NJWELL as the registration key. You have to register again this year even if you have registered before. Select one of the options below. All the information is on the website.

- Have your doctor complete a *Physician Results Form* during your annual physical.
- Visit a Quest Diagnostics Patient Service Center for testing.
- Use an At-Home Test Kit.

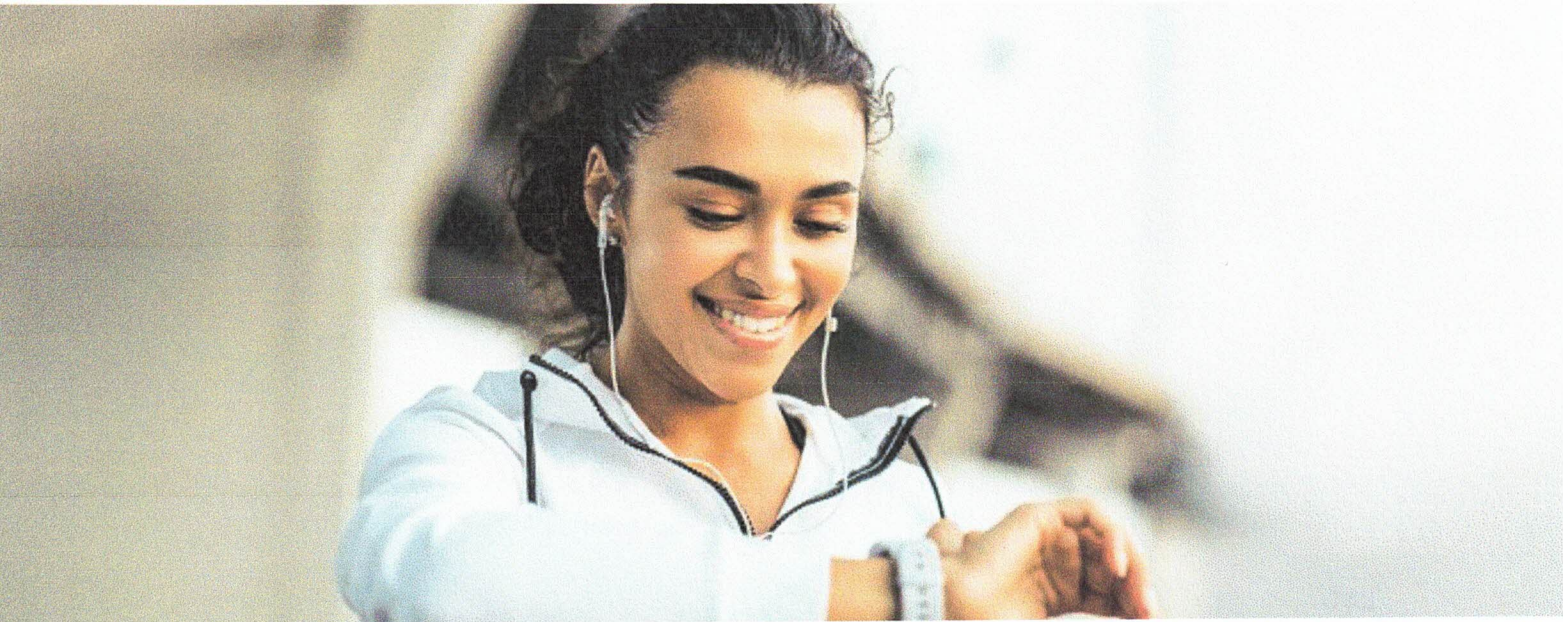
You'll also earn more points if your test results are in the normal range or have improved by 5 percent since your last screening.

### Direct Primary Care (DPC) Option to Earn Your Reward

If you are a patient of one of the DPC offices (Everside Health, R-Health, or Sanitas Medical Centers), you can earn 700 points. Just have a well visit and a follow-up visit — in person or virtually — between November 1, 2021 and October 31, 2022, and you will earn 700 points once the claims are processed. Complete the online health assessment for 100 points by October 31, 2022 to earn your NJWELL reward! Learn more at [state.nj.us/treasury/pensions/dpcmh.shtml](https://state.nj.us/treasury/pensions/dpcmh.shtml).

**All activities must be completed by October 31, 2022 to earn your reward.**





## Online and In-Person Activities

Check out all the ways you can earn additional points on the NJWELL Rewards page. You must earn the minimum number of points in each category to earn the reward.

Clinically Managed	Earn at least <b>200 points</b>
Emotionally Balanced	Earn at least <b>100 points</b>
Financially Secure	Earn at least <b>100 points</b>
Physically Fit	Earn at least <b>150 points</b>
Socially Connected	Earn at least <b>50 points</b>

Read about the ways you can earn points through online and in-person activities on the NJWELL Rewards page or on the *Wellness at Your Side* app.

## How to Get Your NJWELL Reward



Once you've completed the health assessment (100 points), your health screening (100 points) and earned 600 points in the five categories listed above, you'll earn a Visa® Prepaid card worth \$250 or more.

To get your reward, watch for an email with the subject line *Your NJWELL Visa Prepaid card is waiting for you to Redeem!* from [notification@prepaiddigitalsolutions.com](mailto:notification@prepaiddigitalsolutions.com). You should get this email within two weeks after earning your reward.

## How Can I Earn Points?



Take a look at the examples on the following pages to see how you can earn points in a way that matches your lifestyle. And visit the NJWELL Rewards page or use the app for more information.

**All activities must be completed by October 31, 2022 to earn your reward.**

Questions? Call your Horizon Health Guide at **1-800-414-SHBP (7427)**, weekdays, 8 a.m. to 6 p.m., or visit [HorizonBlue.com/njwell](https://HorizonBlue.com/njwell).



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NJWELL, administered by the New Jersey Division of Pensions and Benefits, is an incentive-based wellness program offered to eligible employees and their covered spouses/partners who participate in the SHBP/SEHBP. All provisions of the program are established by the Division and are subject to change. Go to [nj.gov/njwell/](https://nj.gov/njwell/) for details.

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# NJWELL Program: Questions & Answers

## What is NJWELL?

NJWELL is an employee wellness program designed to help actively employed members of the State Health Ben-efits Program (SHBP) and actively employed and certain retirees of the School Employees' Health Benefits Program (SEHBP) live a healthy lifestyle. The SHBP and SEHBP hope to increase overall wellness and reward eligible em-ployees and their covered spouses/ partners for completing activities designed to promote healthy behaviors.

## Who is eligible to participate?

Actively employed members of the SHBP and actively employed and certain retirees of the SEHBP and their covered spouses or partners are eligible to participate and earn re-wards.

## Am I required to participate in NJWELL?

Your participation in NJWELL is voluntary. However, participation is encouraged, and there is a financial reward for par-ticipants who meet the program's health and wellness goals.

## Do I have to sign up to join NJWELL?

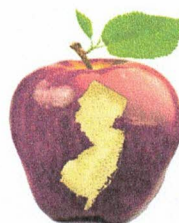
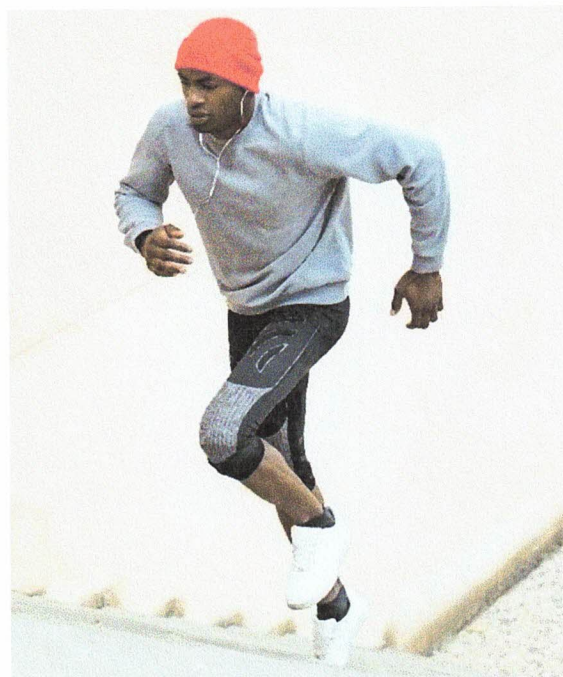
No. NJWELL is included in your SHBP or SEHBP health benefits plan. Anyone who is eligible to participate in NJWELL can earn points and achieve a financial reward by meeting the program's health and wellness goals. There is no paperwork required to join NJWELL, but you will need to register with Horizon's online portal in order to complete certain activities and to keep track of your progress towards your financial reward. If enrolled in a Direct Primary Care Medical Home (DPCMH), you are only required to have two DPCMH visits, a treatment plan, and complete a Health Assessment Tool.

## Why should I participate in NJWELL?

NJWELL is a comprehensive program designed to help SHBP- and SEHBP-eligible members and their covered spouses/partners improve their overall health and wellbeing. NJWELL will help you identify potential health risks and give you an opportunity to speak to a counselor or doctor about your health indicators. In addition, participants receive finan-cial rewards for earning enough points to meet NJWELL's health and wellness goals.

## Does it cost me anything to participate in NJWELL?

No. It does not cost anything to participate. If you or your spouse/partner earn a financial reward, the value of the re-ward is considered taxable income to the member.



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Healthy New Jersey

## What does a participant have to do? How do I earn a total of 800 points?

Every year, starting November 1, NJWELL participants can earn 100 points for completing a Biometric Screening and 100 points for completing an online Health Assessment. Members can complete additional online and in-person activities equaling 600 points to receive the 800 total points necessary to attain a reward. Visit [www.horizonblue.com/shbp/njwell](http://www.horizonblue.com/shbp/njwell) for the most up-to-date activities required.



### **Who keeps track of my points?**

NJWELL is administered by the New Jersey Division of Pensions & Benefits (NJDPB) through your SHBP or SEHBP health insurance carrier – Horizon Blue Cross/Blue Shield of New Jersey. You can keep track of your NJWELL point totals, and take advantage of a wide variety of health and wellness tools, by registering on Horizon's online portal.

Horizon members can register at:  
**[www.horizonblue.com/SHBP](http://www.horizonblue.com/SHBP)**

### **How many points do I need to earn a reward and when will I receive my reward?**

An eligible employee and/or their spouse/partner accrue 800 points and receive a financial reward. Once you and/or your covered spouse/partner earn the required points, you will receive an email with instructions on how to obtain your prepaid card

### **What is a Biometric Screening?**

A Biometric Screening is a health screening that helps you learn about your biometric numbers. The screening will analyze your HDL ("good" cholesterol), LDL ("bad" cholesterol), HDL to Total Cholesterol Ratio, Triglycerides, Glucose (sugar), and Body Mass Index (BMI). You will also have your pulse and blood pressure measured during the screening. You can complete the screening and earn 100 points by having your doctor report the measures on a Physician Results Form. Members can obtain the Physician Results Form at:  
**[my.questforhealth.com](http://my.questforhealth.com)**

### **How do I obtain a Biometric Screening?**

You also have the option of scheduling an appointment at a Quest Patient Service Center at: **[my.questforhealth.com](http://my.questforhealth.com)**

For Direct Primary Care Members who are eligible for NJWELL, two DPCMH visits and a treatment plan will be equivalent to a Biometric Screening. These members will be required to complete the required 100-point Health Assessment (before or after the DPCMH Health Screening). Upon completion, members will have earned 800 points from the two required gatekeeper activities which will trigger the \$250 NJWELL reward card.

### **What is a Health Assessment?**

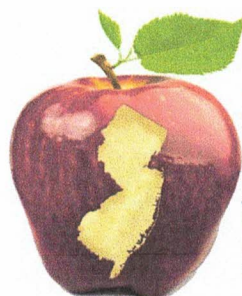
The Health Assessment is a private and secure online questionnaire about medical history and lifestyle habits. Responses to the questionnaire, combined with the screening results, help measure a member's current health status, determine health risks, and offer a plan of action on how the member's health can be improved.

The Health Assessment is located on Horizon's online portal.

Horizon members can register at:  
**[www.horizonblue.com/SHBP](http://www.horizonblue.com/SHBP)**

### **Who sees the results of my Biometric Screening and/or Health Assessment?**

Your individual results will be kept completely confidential. Any Personal Health Information (PHI) gathered during the screening or assessment is protected by federal and state privacy laws including the Health Insurance Portability and Accountability Act (HIPAA). Aggregated data may be reported in order to develop future NJWELL initiatives and activities that will benefit SHBP and SEHBP members.



# NJWELL

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**Get Started Today! Visit: [www.nj.gov/njwell](http://www.nj.gov/njwell)**