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New Wellness Program Kicks Off for 2014

The State of New Jersey is pleased to announce that beginning in January 2014, a new wellness program will be incorporated into the State Health Benefits Program's (SHBP) health benefit plans, which are offered through Aetna and Horizon. This program, called **NJWELL**, offers active employees incentives to learn more about their current health status and to work toward improving their health.



NJWELL
Working for a
Healthy New Jersey

By helping SHBP members understand and improve their health, the program will truly help keep NJ WELL! Employee wellness will help the SHBP contain healthcare costs. All savings realized by NJWELL will be reflected in future SHBP premiums.

As a participating employer in the SHBP, you will play a critical role in communicating this new program and encouraging your active employees to participate. This e-mail provides you with important information about the new program, and what it means to your employees and to you.

Who Can Participate

NJWELL will be offered to all active employees (and their covered spouses or partners) who are enrolled in the SHBP through one of our two SHBP carriers, Aetna or Horizon. The program will launch in January 2014. This is an ongoing program that will be phased in over several years.

What NJWELL Offers

In 2014 NJWELL will focus on helping participants understand their current health status. Employees and their covered spouses/partners will each receive a **\$100 gift card when they earn 250 Wellness Points by participating in both a:**

- **Biometric Screening** — A participant earns 100 points by having a biometric screening, which identifies potential health risks. Participants can complete a screening by having their physician complete an attestation form at their annual physical. The attestation form will be available on the Division of Pensions and Benefits website starting in January.
- **Health Assessment** — A participant earns 150 points by completing a short online Health Assessment questionnaire about the participant's general lifestyle. Health Assessment questionnaires will be available in January for members who register at their health plan's online portal.

All Biometric Screening and Health Assessment information will be confidentially collected and stored by the participant's health plan. The results are provided only to the participant; by law, they cannot be shared with an employer.

** All benefits are subject to the terms and conditions of the employee's health plan.*

Ongoing Opportunities

In future years, active employees and their covered spouses/partners can earn points and obtain **increased financial incentives** for performing a wide array of wellness activities. These will include reaching goals associated with the biometric screening, such as lowering cholesterol, blood sugar, blood pressure and BMI, or quitting smoking. They can also earn points for receiving preventive screenings, working with a health coach, and completing online activities.

In a few weeks, a flyer will be mailed to active employees' homes announcing NJWELL and providing initial information about the program. Subsequently, employees will receive information on NJWELL directly from either Aetna or Horizon, depending on the SHBP benefit plan option in which they are enrolled.

Your Role

We need your help in making NJWELL a success by:

- **Identify a Wellness Champion for your Location.** A Wellness Champion is a colleague who is passionate about health and wellness, comfortable encouraging people to participate, and can help you promote NJWELL. Wellness Champions will receive training from the SHBP about how to effectively promote NJWELL to fellow employees. State Departments are asked to designate a Wellness Champion for each Division in your Department. State Colleges and Universities are asked to designate a Wellness Champion for each campus at your school. Complete the enclosed form and submit it by October 31, 2013 via email at NJWELL@treas.state.nj.us or fax at (609) 341-3412 to designate the Wellness Champions for your Department.
- **Encouraging your employees (and their covered spouses) to participate.** Your support of NJWELL is important in maximizing participation. To realize the full potential of this program, your employees (and their covered spouses/partners) must participate.
- **Setting an example.** Your participation in the screening and assessment sets a positive example for your employees.
- **Using promotional materials.** Promotional materials will be provided to your Wellness Champions, or to you if you decline to designate Champions. Be sure that promotional materials are distributed and posted throughout your Department.

Employer Benefits

The focus for this coming year is creating awareness of health status. In future years, employees (and their spouses/partners) will earn points by taking steps to improve their health.

NJWELL will also benefit State employers, including Colleges and Universities. When employees take an active role in managing their health, absenteeism decreases, and attendance improves. Employees have more energy for work, and productivity increases. NJWELL will also help the SHBP better maintain healthcare costs.

Employees who begin participating this year will be at an advantage in future years when they are required to achieve biometric goals in order to earn points.

Thank You for Your Support

Thank you in advance for your support of this important program. Be sure to watch your home mailbox for a mailer that announces the introduction of NJWELL to all employees.

This is just an overview of NJWELL, how it works, and the advantages to both you and your employees. You will receive more-detailed information about the program in the coming weeks, as well as promotional materials to help you launch the program.

Information about NJWELL will be posted on the Division of Pensions and Benefits' Web site on a regular basis. Be sure to also check the Division's new social media accounts, which go live on October 1. Like us on Facebook, follow us on Twitter, and make sure you always have the latest available information.

Help keep NJ WELL!