



Healthy Life



Take Action with Online Activities!

NJWELL offers a variety of activities to help you and your covered spouse/partner take action and each earn up to \$200 in rewards!

In order to obtain your initial Visa® prepaid reward cards worth \$100, you and your spouse/partner need to earn 300 points each. Participation in two preventative health activities is required: a Biometric Screening (100 points) and an online Health Assessment (150 points). In addition to annual physicals and online coaching, a great way to obtain the additional 50 points for your initial reward card is through online activities on your health insurance carrier's member portal. Online activities can include receiving general advice on the topics below, and these activities are particularly useful for people with busy lives or work time constraints to participate in NJWELL.

Getting advice is easy and confidential. Topics include:

- Losing Weight
- Stopping Tobacco Use
- Achieving Exercise Goals
- Eating Better
- Improving Overall Well-being

Keep going!

Why stop at 300 points? Try several online activities (earn up to 150 points) to keep motivated and earn points towards a second reward card! You can also engage in activities such as chatting by phone with a disease management coach (if deemed eligible), getting a flu shot, participate in online coaching, or have an age/gender appropriate screening.

The following incentives are available for attaining higher point levels:

- 400 points – earn an additional \$50 in a second reward card.*
- 500 points – earn an additional \$100 in a second reward card.*

You and your covered spouse/partner have until October 31, 2015 to earn up to 500 points, equaling rewards of up to \$200 each.

Visit our website at www.nj.gov/njwell and get started today!

Your Privacy: Your individual results will be kept completely confidential. Any Personal Health Information (PHI) gathered during the screening, assessment, or online is protected by federal and state privacy laws including the Health Insurance Portability and Accountability Act (HIPAA).

**Cards are issued by Citibank, N.A. pursuant to a license from Visa U.S.A. Inc. and managed by Citi Prepaid Services. Cards will not have cash access and can be used everywhere Visa debit cards are accepted.*

**In addition to the initial \$100 Visa prepaid card, another card will be issued at the end of calendar year 2015. If you earn 400 points total, the second card will be for \$50. If you earn 500 or more points in total, the second card will be for \$100.*

State Health Benefits Program
School Employees' Health Benefits Program
Division of Pensions and Benefits
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Take Action!

Earn up to \$200 each in Visa® prepaid cards for you and your covered spouse/partner with NJWELL in 2015!

Our Mission: A Healthy New Jersey

The mission of NJWELL is to cultivate healthy lifestyle choices for actively employed SHBP/SEHBP members to lower health risk factors, improve well being, and ensure that New Jersey's public employees are healthy and productive for years to come. And since healthy members typically require less costly health care, NJWELL will help the SHBP/SEHBP contain future costs.

Look inside for more information on
NJWELL and what it can do for you!



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ActiveHealth
MANAGEMENT

Horizon
Horizon Blue Cross Blue Shield of New Jersey

