

STATE HEALTH BENEFITS NJ WELL PROGRAM: STEP-BY-STEP

NJWELL promotes and rewards actively employed SHBP/SEHBP members and covered spouses/partners for participating in the NJ Well Program.
The program runs each year from **November 1 to October 31**.

You must earn **800 points by October 31st, 2020 to receive a \$250 reward card**.

Members enrolled NJDIRECT ZERO will earn an additional \$250; members enrolled in CWA Unity Direct and eligible NJ DIRECT/NJ DIRECT2019 plans earn an additional \$100. Please allow up to 14 days for the second reward notice.

STEP 1

Log into your account on your State Health Benefits insurance carrier's website (Horizon or Aetna).

STEP 2

Go to where it says 'WELLNESS'. Then choose 'NJWELL & Retiree Wellness'.

STEP 3: Complete Health Assessment online

REQUIRED. Takes about 5-10 minutes to complete. Select FINISH at the end of the assessment to receive the credit. (100 POINTS)

STEP 4: Complete Biometric Health Screening

REQUIRED. Register and download the required 'Physician Results Form' to take to your doctor when you have your annual exam. This includes a general physical exam, as well as checks your cholesterol and glucose.

To download form, go to <https://my.questforhealth.com/mobile/welcome/home>.
Use 'NJWELL' as the registration key on Quest Diagnostics website.

STEP 5: Complete Additional Activities

See next page for description of all additional activities and their associated points.

Questions or for more information, contact:

Debby Schiffer, BURLCO & TRICO JIF Wellness Director
debby_schiffer@targetingwellness.com, 856-322-1220

STATE HEALTH BENEFITS

NJ WELL PROGRAM:

Additional Activities to Receive 800pts

PREVENTATIVE

- Annual Vision Exam (50 pts)
- Flu Vaccine (100 pts)
- Routine Mammogram (25 pts)
- Skin Cancer Screening (50 pts)
- Annual Physical Primary Care Doctor (100 pts)
- Yearly Dental Exam (50 pts)

WELL WOMAN

Do one of these activities and earn 25 points.

- Annual Gynecological Exam
- Pap Test

ACHIEVE YOUR GOALS

Results from your Biometric Screening will be used to reward 100 points in each category. You will automatically earn points for biometric measures and lab tests reported that fall within a designated range or show a 5% improvement from last year. Please allow 21 days after a submission of the Physician Form or lab result for your reward points to appear.

- Blood Pressure
- Blood Sugar
- Body Mass Index (BMI)
- Cholesterol

ADDITIONAL ACTIVITIES

- Register for the Blue365 discount program (25 pts)
- Attend the Thomas Edison Health Fair/Passport to Your Benefits (25 pts)

ONLINE ACTIVITIES

Each one takes 5 minutes or less. You can do THREE of these online activities for a max 150 earned points.

- Achieve daily steps goal using your fitness device
- Achieve a 14-Day Streak with the Weigh Today App
- Complete the Nutrition Challenge (cook a healthy meal)
- Learn about eye health
- Keep your memory sharp
- Learn about back & neck pain
- Learn more about diabetes and blood sugar
- Use the free Daily Victory App to track consecutive days of exercise
- View Your Health Record

ONLINE COACHING

You can do THREE of these online coaching activities for a max 150 earned points.

- Achieve your weight-loss goal with online coaching (50 pts)
- Live tobacco-free for 28 days with online coaching (50 pts)
- Meet your exercise goal with online coaching (50 pts)
- Meet your goal to eat better with online coaching (50 pts)
- Meet your goal to feel happier with online coaching (50 pts)

TOBACCO CESSATION

- Non-Smoker Attestation (100 pts)
- Complete WebMD Telephonic Tobacco Cessation Coaching Sessions (100 pts)

Questions or for more information, contact:

Debby Schiffer, BURLCO & TRICO JIF Wellness Director
debby_schiffer@targetingwellness.com, 856-322-1220