



Obtain **800 points** to earn a **REWARD!**

# NJWELL 2021

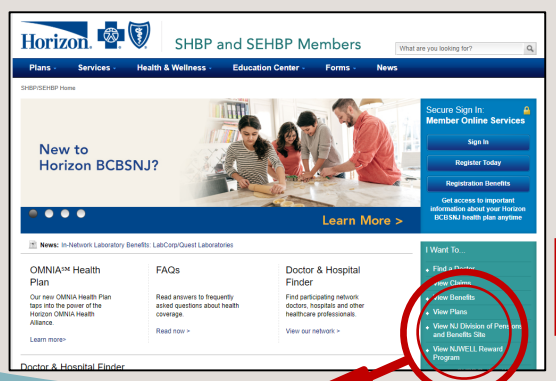
Easy as **1, 2, 3!**



## 1

### Fill out a Health Assessment

- Go to [horizonblue.com/SHBP](https://horizonblue.com/SHBP)
- Click on "View NJWELL Reward Program"
- Register or log in



- I Want To...
- Find a Doctor
  - View Claims
  - View Benefits
  - View Plans
  - View NJ Division of Pensions and Benefits Site
  - View NJWELL Reward Program**
  - Read the Latest "Focus on Health" Newsletter

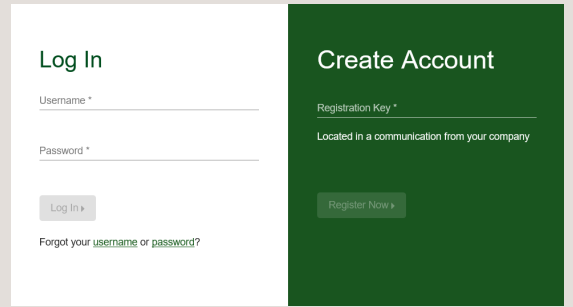
A Health Assessment is a private and secure online questionnaire about medical history and lifestyle habits.

	Online Assessment	100 points
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## 2

### Complete a Biometric Screening

- Go to [my.questforhealth.com](https://my.questforhealth.com)
- Use the Registration Key "NJWELL" to create an account
- Download Physician's Result Form or schedule an appointment at a Quest Center



A health screening helps you learn about your biometric numbers.

	Cholesterol	100 points
	Blood Pressure	100 points
	Non-smoker	100 points
	Glucose	100 points

If participant is in a DPCMH, they will need two DPCMH visits and treatment plans to equal a Biometric Screening.

## 3

### Earn additional points

- Go to [horizonblue.com/SHBP](https://horizonblue.com/SHBP)
- Click on Wellness, then additional activities

Choose from additional health screenings and/or activities to earn points!

	Annual Physical Exam	100 points
	Age/Gender Screenings *	25 points
	Dental Exam	50 points
	Flu Shot	100 points
	Skin Cancer Screening	50 points
	Vision Exam	50 points
	Online Coaching **	150 points
	Perform a search in Amino***	25 points

\* If recommended by your physician.  
 \*\* Only available for those individuals identified as eligible based on their Biometric Screening and/or Health Assessment.  
 \*\*\* For active members only; one-time deposit of 25 points.

**Complete all activities by October 31, 2021!**