

NJWELL Walking Challenge

Wednesday,
April 5, 2023



National Walking Day!

April 5th is National Walking Day, so take advantage of the warmer weather and get your steps in with our one-day challenge!



How It Works

- Registration Starts Tuesday, March 28.
- Sign in to HorizonBlue.com/shbp.
- Select *Wellness & Services*, then follow NJWELL prompts. Go to the *Physically Fit* Category to register.
- Track a minimum of 7,000 steps on April 5.
- Complete the challenge to earn 50 points toward your NJWELL reward.

[Join The Challenge](#)



Please talk to your doctor before beginning an exercise program.



Earn \$250 or more with NJWELL!



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. More details can be found on nj.gov/njwell. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross Blue Shield Association. The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross Blue Shield Association. The Horizon® name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey. © 2023 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105.

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