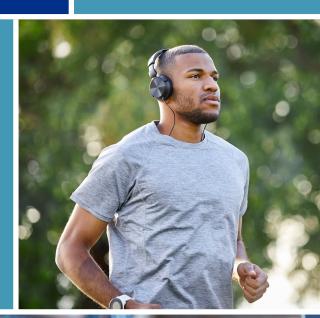
## NJWELL Walking Challenge

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 <u>HorizonBlue.com/shbp</u>.
  - 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 of New Jersey. © 2023 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105.