

# NJWELL Get Moving in the Garden State Challenge

April 1 -  
April 28, 2026



## Explore New Jersey and feel your best!

Track your steps throughout  
April to earn reward points.

## How It Works

- From April 1st through April 28th, track 45,000 steps per week to earn 10 points each week of the challenge.
- To automatically track your steps, sync a fitness device to the Health Goals feature, or manually record your activity using the step conversion chart.
- Complete the four-week challenge to earn a total of 40 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](https://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. © 2026 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105.

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