

NJWELL Walking Challenge

Wednesday,
April 3, 2024



Walk for Wellness

National Walking Day encourages us all to get out, stretch our legs, and enjoy the benefits of walking.

[Join The Challenge](#)

Please talk to your doctor before beginning an exercise program.

Earn \$250 or more with NJWELL!



How It Works

- Registration starts Wednesday, March 27.
 - 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 3.
- Complete the challenge to earn 50 points toward your NJWELL reward.

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. © 2024 Horizon Blue Cross Blue Shield of New Jersey, Three Penn Plaza East, Newark, New Jersey 07105.

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