



Wellness Webinar

Healthy Back

Join us to learn how to beat back pain

Maybe your back pain came on suddenly because you lifted something heavy. Or you've been sitting more than usual and you're stiff and sore. You may be able to reduce your discomfort on your own. We can teach you how during our next webinar. Currently pain-free? We can show you how to stay that way. Please join us!

Register now for this webinar.

This wellness webinar is specifically designed for our State Health Benefits Program/School Employees' Health Benefits Program members, so register with your work email. An email confirmation with instructions for joining the session will be sent upon registration. Space is limited.

If you are not able to access the registration link above, please copy and paste this address into your browser:

<https://horizonsalestraining.webex.com/horizonsalestraining/onstage/g.php?MTID=ed01bb4e1a83bda2d5b0c64b8bc1cd615>

**Horizon BCBSNJ
Wellness Webinar**

Healthy Back

**June 10, 2020
12 p.m., Eastern Time**

**We want you to have the information you need to manage your health. Our wellness webinars provide general information.
Talk with your doctor about specific questions you may have about your health.**



NJWELL is an incentive-based wellness program offered to eligible employees and their covered spouses who participate in the SHBP/SEHBP. More details can be found on nj.gov/njwell/.

Once you register for this session, you may receive future emails from Horizon Blue Cross Blue Shield of New Jersey. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association.

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ECN0021B (0520)



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