

# NJWELL MAY You Thrive Challenge

May 6 - June 2, 2026



## How It Works

- Register between April 29 and May 12, 2026.
  - Sign in to [HorizonBlue.com/shbp](https://HorizonBlue.com/shbp).
  - Select *Wellness & Services*, then follow NJWELL prompts. Select the MAY You Thrive Challenge Card on the homepage to register.
- Record your self-care progress every day for four weeks.
- Complete the challenge to earn 50 points toward your NJWELL reward.

Track self-care actions  
daily and earn points.



Join The Challenge

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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