NJWELL 2020
Easy as 1, 2, 3 !

Obtain **800 points** to earn a **REWARD!**

1   Fill out a Health Assessment

- GO TO horizonblue.com/SHBP
- Click on "View NJWELL Reward Program"
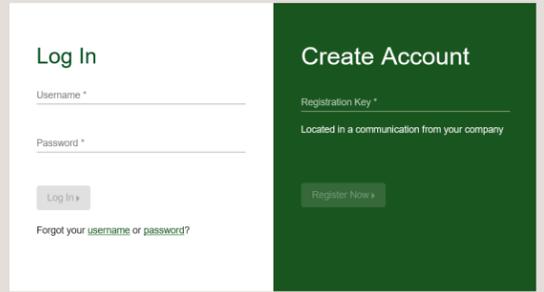- Register or Login

A Health Assessment is a private and secure online questionnaire about medical history and lifestyle habits.

✔	Online Assessment	100 points

2   Complete a Biometric Screening

- GO TO my.questforhealth.com
- Use the Registration Key "NJWELL" to create an account.
- Download Physician's Result Form OR schedule an appointment at a Quest Center

A health screening helps you learn about your biometric numbers.

✔	Cholesterol	100 points
✔	Blood Pressure	100 points
✔	Non-smoker	100 points
✔	Glucose	100 points

If participant is in Palladina or R-Health, they will need two DPMCH visits and treatment plans to equal a Biometric Screening.

3   Earn additional points

- GO TO horizonblue.com/SHBP
- Click on Wellness, then additional activities

Choose from additional health screenings and/or activities to earn points!

✔	Annual Physical Exam	100 points
✔	Age/gender Screenings *	25 points
✔	Dental Exam	50 points
✔	Flu Shot	100 points
✔	Skin Cancer Screening	50 points
✔	Vision Exam	50 points
✔	Online Coaching **	150 points

* If recommended by your physician.

**Only available for those individuals identified as eligible based on their Biometric Screening and/or Health Assessment.

Complete all activities by October 31, 2020!