



## NJWELL Breast Cancer Awareness Walk Challenge

Wednesday, October 5, 2022

Support Breast Cancer Awareness Month by joining our walking challenge to raise awareness in the fight against breast cancer.

Track a minimum of 7,000 steps on October 5, and by completing the challenge, you'll earn 50 points towards your NJWELL reward!

### How It Works

- Registration starts Wednesday, September 21.
  - Sign in to [HorizonBlue.com/shbp](https://HorizonBlue.com/shbp).
  - Select *Wellness & Services*, then follow NJWELL prompts. Go to the Physically Fit Category to register.
  - Record your steps on October 5.

[Join the Challenge](#)

Please talk to your doctor before beginning an exercise program.

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 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/).

Language translation services and Text Telephone (TTY) service for the hearing-impaired are available at no additional cost.

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