

Wellness Webinar

Your Gut: The Key to Your Health



Join us to learn how your gut impacts your overall health

Your digestive system is prone to its own ailments, and can be linked to seemingly unrelated chronic conditions. In our next webinar, we'll cover why your gut is important, and its relationship to your overall health. We'll also discuss the differences between common digestive conditions. 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=e0a8e213c8fa4a117de56d073c46c5174>

**Horizon BCBSNJ
Wellness Webinar**

**Your Gut: The Key to
Your Health**

**July 15, 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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