

# NJWELL Invitational Challenge

January 24 – February 27, 2024



## 5-Week Team Steps Challenge

Start your year off with movement and fun! Join our challenge, where you can enjoy getting your steps in and earn points simultaneously.

### How It Works

- Register between January 10<sup>th</sup> and January 23<sup>rd</sup>
- Sign in to [HorizonBlue.com/shbp](https://HorizonBlue.com/shbp).
- Select: *Wellness & Services*, then NJWELL. On the *My Health Manager* page, select *View Details*.
- On NJWELL Rewards page, select *Do It* button next to the Challenge under the *Socially Connected* category.
- Teams of five will be created.
- Participants must complete 4 weeks out of the 5 to earn 50 NJWELL points.

[Join The Challenge](#)

You can also register and upload your steps by logging into the *Wellness At Your Side (WAYS)* app. Please talk to your doctor before beginning an exercise program.



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. © 2024 Horizon Blue Cross Blue Shield of New Jersey, Three Penn Plaza East, Newark, New Jersey 07105.

ECN0010803B (0124)