

Horizon BCBSNJ Can Help You Learn How to Be Healthier



You can count on Horizon Blue Cross Blue Shield of New Jersey for wellness news you can use to improve your quality of life.

Did you know that Horizon BCBSNJ regularly provides preventive health information to members?

Each month, we focus on popular preventive health theme. It may be a common health condition, such as diabetes, or it may be how to integrate a healthy habit, such as exercise, into your life.

First we publish a Wellness Message based on current research or actionable tips on that topic. We then do a Wellness Webinar for our group members on the same topic. These hourlong lunchtime sessions explore that month's theme in more detail. You can also get answers to your questions on that issue from our health educator.

Our Wellness Messages and Wellness Webinars are part of our ongoing commitment to empower you to make informed decisions about your care.

Wellness Webinar invites are available from your group administrator. You can always check out our library of previous Wellness Messages at HorizonBlue.com/gethealthy.

2018 Wellness Message and Wellness Webinar Themes

- **January:** The benefits of exercise
- **February:** Heart health
- **March:** Cancer prevention
- **April:** Going vegetarian
- **May:** Mental health
- **June:** Summer safety
- **July:** Gut health
- **August:** Healthy back
- **September:** Preventing flu and pneumonia
- **October:** Managing stress
- **November:** Diabetes
- **December:** Healthy eating for the holidays

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Spanish (Español): Para ayuda en español, llame al **1-855-477-AZUL (2985)**.

Chinese (中文): 如需中文協助, 請致電 **1-800-355-BLUE (2583)**。