

NJWELL Share a Daily Affirmation Challenge



May 7, 2025 - June 4, 2025

Take care of your mental health!

Reflect on a positive thought or mantra each day.

How It Works

- Registration is open April 30 - May 14, 2025.
- Sign in to HorizonBlue.com/shbp.
- Select *Wellness & Services*, then follow NJWELL prompts. Go to the *Emotionally Balanced* Category to register.
- Log at least 21 days of entries and indicate that you focused on your daily affirmation for at least 14 days.
- Complete the challenge to earn 50 points toward your NJWELL reward.



Join The Challenge

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. 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.

© 2025 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105.

ECN0023736 (0525)