

# HOW TO EARN THE NJWELL REWARD

1. Complete the required Online Health Assessment (100 points). Log into the Horizon Member Portal at [Horizonblue.com/shbp](https://Horizonblue.com/shbp). Once logged in click **Wellness & Services**, then select **NJWELL**



SHBP/SEHBP

For Member Services, call 1-800-414-SHBP (7477)  
Phone lines open today until 6:00 p.m. ET

**SIGN IN**

Plans ▾ Tools & Services ▾ Health Programs ▾ NJWELL ▾ Your Health ▾ Forms ▾ Understanding Your Plan ▾



## Achieve Your Best Health & Earn Rewards with NJ WELL

Learn how the new NJWELL will help you be your best self – physically, emotionally, socially and financially.

### Helpful Links

#### [COVID-19 Resources](#)

Get answers about coverage for testing, treatment and vaccines, and learn how to protect yourself and your loved ones.

#### [N.J. Division of Pensions & Benefits](#)

Read plan guidebooks, get an enrollment form, learn about prescription drug coverage and more.

#### [Direct Primary Care Doctor Offices](#)

Get unlimited access to personalized care with no copays. It's easy – simply choose a Direct Primary Care doctor for you and your covered dependents.

#### [Horizon Behavioral Health<sup>SM</sup>](#)

Find balance, health and wellness for your mind and body.

#### [Find a Doctor](#)

Search for participating network doctors, hospitals and other healthcare professionals.

#### [Health Programs](#)

Learn about various programs that can help you achieve your best health and well-being for your body and your mind.

2. Earn an additional 700 points by completing activities the **Traditional Method** or via the **Direct Primary Care Method**

**All activities must be completed by October 31st, 2024 to earn the reward.**

#### Traditional Method:

1. Complete NJWELL screening via one of three options at [my.QuestforHealth.com](https://my.questforhealth.com) (100 points)
  - a. Home test kit, or
  - b. Screening appointment at Quest Diagnostics<sup>TM</sup> lab, or
  - c. Download Screening form, PCP signs, member submits to Quest, plus
2. Earn 600 additional points under the 5 categories listed on NJWELL Rewards page see below:

ACTIVITY CATEGORY	POINTS REQUIRED
Online Health Assessment	100
Health Screening	100
Clinically Managed	200
Emotionally Balanced	100
Financially Secure	100
Physically Fit	150
Socially Connected	50

#### DPC METHOD:

1. Complete a well visit and develop a care plan with a Direct Primary Care provider, plus
2. Complete an additional visit
  - Second visit may be office-based or telehealth (700 Points)

ACTIVITY CATEGORY	POINTS REQUIRED
Online Health Assessment	100
Complete two visits with a Direct Primary Care provider	700