

# HOW TO EARN THE NJWELL REWARD

## 1. Complete the required Online Health Assessment (100 points).

- **Horizon:** Log into the Horizon Member Portal at [Horizonblue.com/shbp](https://Horizonblue.com/shbp). Once logged in click *Wellness & Services*, then select *NJWELL*
- **Aetna:** Log into the Aetna Member Portal at [Aetna.com](https://Aetna.com). Once logged in click *Health & Wellness > Discover a Healthier You*, then select *NJWELL*.



## 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™ 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