



# Take Action

for optimal health in 2015!

NJWELL is focused on helping you to “Take Action” for optimal health by participating in healthy activities in Year 2 (November 1, 2014 through October 31, 2015). Staying current on your preventive health screenings and participating in online activities and personal wellness coaching can have a big impact on maintaining or improving your health. You and your covered spouse/partner can start earning rewards now, even if you missed your chance in 2014!

In order to receive your initial \$100 incentive you need to attain 300 points. If you keep taking action you can earn additional NJWELL points in order to qualify for additional incentives! You can achieve this by doing the following:

Step 1: These activities are required by all participants:	Point Values	Step 3: Go for it! When you reach 300 points a \$100 Visa® prepaid card will be mailed to you!
Health Assessment	150	
Biometric Screening	100	
Step 2: Elective Activities — Build points to attain your 1st reward! 300 points = \$100 incentive	Point Values	But why stop there? Keep going! The following incentives are available for attaining different point levels:
Chat by phone with a disease management coach (if deemed eligible)	100	400 points = additional \$50 incentive*
Flu Shot	75	500 points = additional \$50 incentive*
Participate in online coaching	50	You have until October 31, 2015 to earn up to 500 points.
Age/Gender Appropriate Screening (annual well visit, mammogram, pap test, colon cancer screening, or prostate screening); each exam earns 25 points	25	
Participate in an online activity (i.e., track your steps, healthy eating, etc.)	25	

That's a possible \$200 in rewards, in total, based on your total points earned by October 31, 2015 — all for Taking Action and Working for a Healthy New Jersey! Don't forget your covered spouse/partner can also earn his or her own incentive gift card by earning points. That's a potential \$400 per couple. For more information visit our Web site at: [www.nj.gov/njwell](http://www.nj.gov/njwell)

Cards are issued by Citibank, N.A. pursuant to a license from Visa U.S.A. Inc. and managed by Citi Prepaid Services. Cards will not have cash access and can be used everywhere Visa® debit cards are accepted.

\* In addition to the initial \$100 Visa® prepaid card, another card will be issued at the end of calendar year 2015. If you earn 400 points total, the second card will be for \$50. If you earn 500 points total, the second card will be for \$100. 500 points is the maximum reward level.

State Health Benefits Program  
School Employees' Health Benefits Program  
Division of Pensions and Benefits  
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## Take Action!

Earn up to \$200 each in Visa® prepaid cards for you and your covered spouse/partner with NJWELL in 2015!

## Our Mission: A Healthy New Jersey

The mission of NJWELL is to cultivate healthy lifestyle choices for active SHBP/SEHBP members to lower health risk factors, improve well being, and ensure that New Jersey's public employees are healthy and productive for years to come. And since healthy members typically require less costly health care, NJWELL will help the SHBP/SEHBP contain future costs.

Look inside for more information on NJWELL and what it can do for you!



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