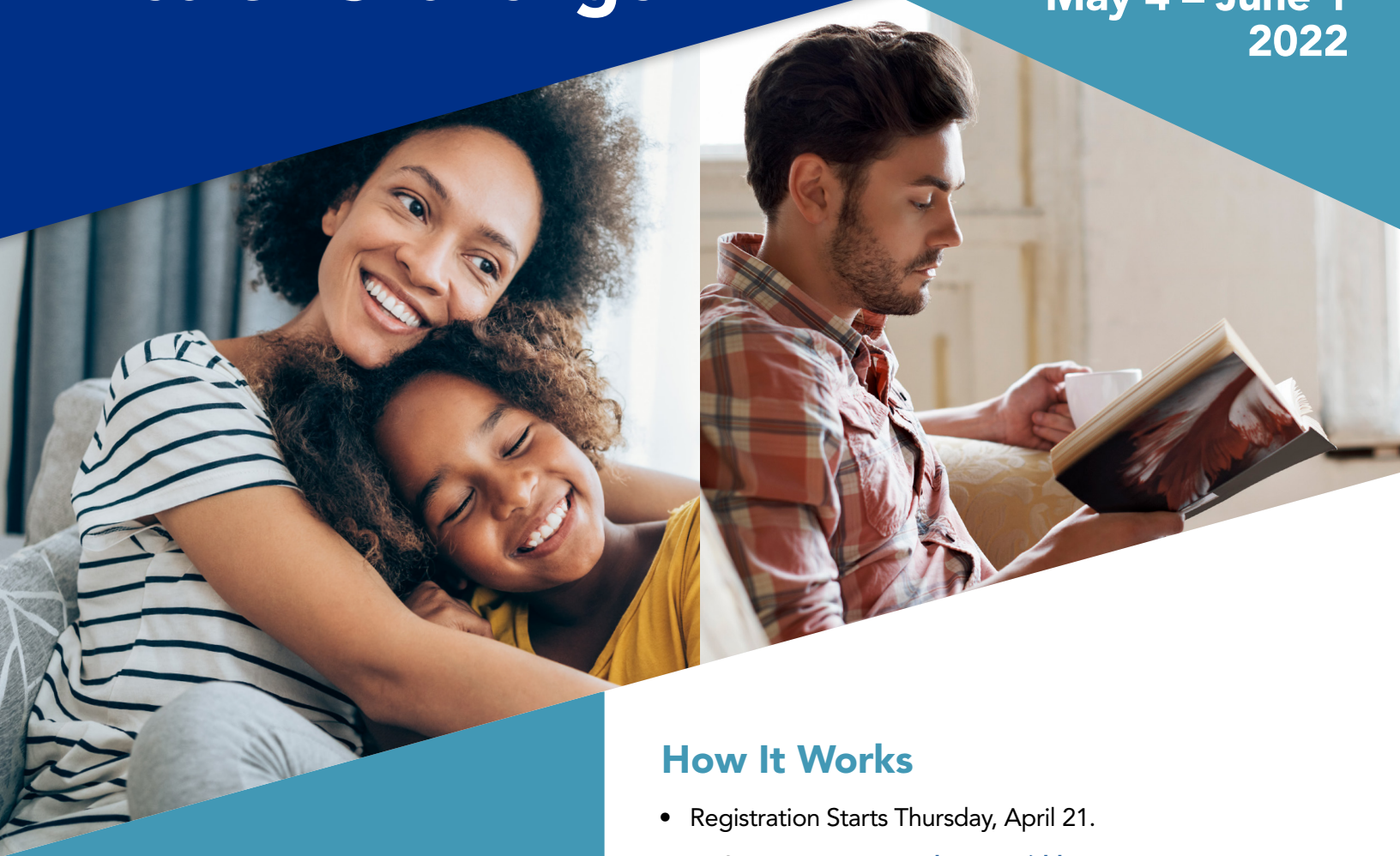


NJWELL Mental Health Challenge

May 4 – June 1
2022



Take Time for Self-Care

May is Mental Health Awareness Month; join our challenge to raise awareness and help take time for yourself.

How It Works

- Registration Starts Thursday, April 21.
- Sign in to HorizonBlue.com/shbp.
- Select *Wellness & Services*, then follow NJWELL prompts. Go to the Emotionally Balanced Category to register.
- Record “YES” to taking time for self-care for 20 days during Challenge time period.
- Complete the challenge to earn 50 points toward your NJWELL reward.

[Join The Challenge](#)



Questions?

Horizon Health Guide has the Answers. Call 1-800-414-SHBP (7427).



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. © 2022 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105-2200.

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