



3 STEPS TO WELLNESS & REWARDS!

NJWELL is focused on helping you to set goals for optimal health by participating in healthy activities between November 1, 2016 through October 31, 2017. 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. **Your information is kept private and will not be shared with your employer.**

STEP 1

This activity is required for all participants: Obtain a **Biometric Screening** (100 points), by having your doctor report the results on a Physician Results Form, available on our website. Aetna members can also visit a Quest Patient Service Center to complete their screening.

STEP 2

This activity is required for all participants: Take a **Health Assessment** (100 points) through your health plan's website.

STEP 3

Go online to find additional screenings and activities to earn points in order to attain your 1st reward! **When you reach 400 points a \$125 MasterCard/Visa® Prepaid Card will be mailed to you or you may select a retail gift card (Aetna members only)**

WANT MORE? KEEP GOING!

Keep setting new goals for more NJWELL points in order to receive an additional MasterCard/Visa® Prepaid Card or retail gift card (Aetna members only) at the end of the calendar year:

- 550 - 700 points = additional \$50 incentive (total \$175 in rewards!) OR

- 725 or more points = additional \$125 incentive (total \$250 in rewards!).

That's a possible \$250 in rewards, in total, based on your total points earned by October 31, 2017! Don't forget your covered spouse/partner can also earn his or her own reward(s). That's a potential \$500 per couple!

Get Started Today! Visit www.nj.gov/njwell