



NJWELL

Working for a
Healthy New Jersey

3 STEPS to WELLNESS and REWARDS!

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.

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

3 Go online to find additional screenings and activities to earn points in order to attain your reward! When you reach 800 points you are able to redeem a \$250 MasterCard/Visa® Prepaid Card, or you may select a retail gift card (Aetna members only)

NJWELL is focused on helping you to set goals for optimal health by participating in healthy activities between November 1, 2018 through October 31, 2019. 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.**

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