

NJWELL: Know Your Numbers!



IN 2014, NJWELL will focus on helping eligible SHBP and SEHBP members and their covered spouses and partners learn what their critical health measurement numbers are by completing a Biometric Screening and a Health Assessment. Your numbers are critical in determining your current health status and will help lead you to valuable information on how to maintain or improve your health.

BIOMETRIC SCREENING

A Biometric Screening is a health screening that helps you learn about your biometric numbers. This screening will analyze and measure:

- Total Cholesterol: HDL (“good” cholesterol), LDL (“bad” cholesterol), HDL to Total Cholesterol Ratio, Triglycerides;
- Glucose (sugar);
- Body Mass Index (BMI); and
- Pulse and blood pressure.

You can complete your Biometric Screening by having your doctor complete a *Physician Biometric Health Screening Form*. The *Physician Biometric Health Screening Form* can be obtained from the NJWELL Website at www.nj.gov/njwell. When you and your covered spouse or partner complete a Biometric Screening before October 31, 2014, you will each receive 100 points towards a NJWELL \$100 Visa®* prepaid card. NJWELL will be providing Biometric Screenings at health fairs and events throughout the year, check our Web site to find a screening near you.

HEALTH ASSESSMENT

Another important factor in your NJWELL participation is completing a Health Assessment. This is a private and secure online questionnaire about your medical history and lifestyle habits.

The Health Assessment is located on your health insurance carrier’s online portal.

- Horizon Blue Cross Blue Shield of New Jersey members can register at: www.horizonblue.com/shbp

- Aetna members will need to register for the Aetna/ActiveHealth online portal at: www.myactivehealth.com/njwell

When you and your covered spouse or partner complete a Health Assessment online before October 31, 2014, you will each receive 150 points towards an NJWELL \$100 Visa®* prepaid card.

YOUR NUMBERS = REWARDS

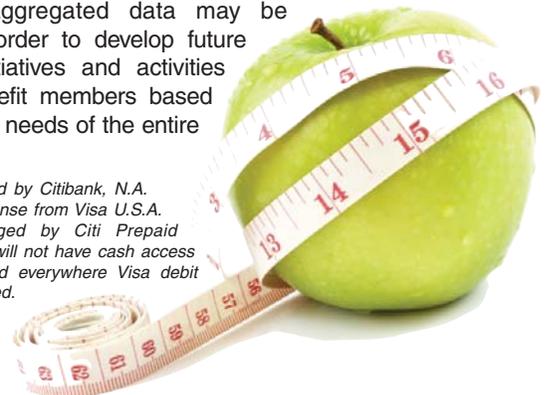
If you participate in NJWELL and earn 250 points by completing both the Biometric Screening and the Health Assessment before October 31, 2014, you will earn a Visa®* prepaid card valued at \$100.

Even if you are feeling well, by simply participating in these two activities you will receive a financial reward and gain valuable information about your health status. By participating annually in NJWELL you will continue to earn points and will earn greater rewards by improving and/or maintaining your health.

For more information about the NJWELL program visit our Web site at: www.nj.gov/njwell

Note: Your individual results will be kept completely confidential. Any Personal Health Information (PHI) gathered during the screening or assessment is protected by federal and state privacy laws including the Health Insurance Portability and Accountability Act (HIPAA). PHI cannot, by law, be shared with your employer. Aggregated data may be reported in order to develop future NJWELL initiatives and activities that will benefit members based on the health needs of the entire population.

*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.



State Health Benefits Program
School Employees' Health Benefits Program
Division of Pensions and Benefits
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Know Your Numbers

Earn a \$100 Visa® prepaid card for you and one for your covered spouse/partner with NJWELL!

Our Mission: Healthy Members & Contained Costs

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!



Know Your Numbers!

You and your covered spouse/partner
have an opportunity to each
earn a \$100 Visa® prepaid card.

It's fast, it's easy — and it pays.

