Get Fit While at Home with NJWELL

Online Fitness Classes
Visit Blue365deals.com to see all the online fitness programs and products available to you at a discount. BurnAlong, TRX and Livekick will help you keep moving and stay in shape as you spend more time at home. Earn 25 NJWELL points for your one-time registration.

Health Education Webinars: Live one-hour sessions
Register using the links in each session. Register now as space is limited.

<table>
<thead>
<tr>
<th>Date</th>
<th>Session</th>
<th>Time</th>
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<tbody>
<tr>
<td>April 8</td>
<td>Managing Stress Through Meditation</td>
<td>12 p.m.</td>
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<tr>
<td>April 13</td>
<td>Your Gut: The Key to Your Health</td>
<td>12 p.m. or 1 p.m.</td>
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<tr>
<td>April 22</td>
<td>Cool, Calm and Collected: Tips for Managing Stress</td>
<td>12 p.m.</td>
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<tr>
<td>April 27</td>
<td>Nutrition Fads and Fiction</td>
<td>1 p.m.</td>
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</tbody>
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NJWELL Challenges

Step Challenge Extended through April!
Take at least 5,000 steps a day for at least 24 days between February 1 and April 30.

NEW! Water Challenge
Drink six glasses of water a day for at least 24 days between April 1 and May 31.

Register for Challenges
• Sign into HorizonBlue.com/shbp and select Wellness.
• Select NJWELL, then My Health Manager.
• Scroll down and select the challenge to join.

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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 who participate in the SHBP/SEHBP. All provisions of the program are established by the Division and are subject to change. More detail can be found on http://www.nj.gov/njwell/.

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