



NJ Wellness Day – Get healthy in mind and body

Register early for the virtual NJ Wellness Day! In this webinar, you'll learn about:

- Preventive health care
- COVID-19 updates
- Nutrition
- Mindfulness
- Behavioral health services

Register early for the session that best fits your day and earn a chance to win a hiking backpack!¹ During these challenging times, it's still important to focus on your overall health.

NJ Wellness Day

Date: Monday, July 27

**Time: 10 a.m. – 11 a.m.
or 2 p.m. – 3 p.m.**

**Register Now
for 10 a.m. session**

**Register Now
for 2 p.m. session**

Space is limited.

¹ Two winners will be randomly selected per session. Please email SHBP_SEHBP@HorizonBlue.com to get a copy of the official sweepstakes rules.

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 details can be found on <http://www.nj.gov/njwell/>. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association. The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross and Blue Shield Association. The Horizon® name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey.
© 2020 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105-2200.