



Live well

We want you to be your healthiest

NJWELL is an employee wellness program designed to help actively employed members of the School Employees' Health Benefits Program (SEHBP) live a healthy lifestyle.

And there's more:

- Earn 800 points to receive a \$250 reward.
- The program runs from November 1 – October 31 annually.
- Use trackers and tools for healthy eating and exercise.
- Get fast links to all the vital health info you need.

Actively employed SEHBP members and their covered spouse or partner are eligible to participate.



**Have questions?
We've got answers.**



Scan the code or visit
AetnaStateNJ.com/wellness.php

Call **1-877-782-8365 (TTY: 711)**
Monday through Friday,
8 AM to 6 PM ET.



NJWELL
Working for a
Healthy New Jersey

State of New Jersey

School Employees'
Health Benefits Program (SEHBP)

AetnaStateNJ.com



Get healthy, get rewarded

Welcome to your NJWELL program, where you and your covered spouse can each earn **\$250** by taking action for better health.

Here’s how to get rewarded:

- 1. Complete the online health assessment (100 points).
- 2. Complete a biometric screening (100 points).
- 3. Then you’ll need to earn 600 more points by completing other health and wellness activities.
- 4. You must complete all the activities and redeem your reward by **October 31**.

Get started today:

For information on how to complete your online assessment and track your wellness activities, visit **AetnaStateNJ.com > Wellness**.

To get started, log in to your member website at **Aetna.com**. You’ll need to set up a username and password first if you haven’t already. Then select **Health & Wellness > Discover a Healthier You**. Or under Member Resources select **Wellbeing Resources**.

Choose one of the following ways to complete your biometric screening:

Quest Diagnostics

Make an appointment at a Quest Diagnostics Patient Service Center, or walk in to a Quest lab near you for a free screening. To find a center and/or make an appointment, log in at **My.QuestForHealth.com** and select **Schedule a Screening**.

Your primary care physician (PCP)

Schedule an appointment with your PCP, and take your printed Physician Results Form with you. Once completed, upload the form to **My.QuestForHealth.com**. No PCP? Visit the **AetnaStateNJ.com** homepage and under **Find a Provider** select **Start searching** to find network PCPs close to home and work.

Need help?

Call Quest Diagnostics at **1-855-623-9355**, Monday through Friday, 8:00 AM to 9:30 PM ET, Saturday, 8:30 AM to 5:00 PM ET.



Below are some ways to obtain points.



Annual adult well exam	100	Lifestyle coaching programs	150
Annual vision exam	50	Physical activities	50
Colorectal screening	50	Preventive dental exam	50
Digital coaching programs	100	Routine mammogram	50
Flu vaccine	100	Well-woman exam	100

Other ways to obtain points are through volunteering and participating in additional wellness programs.

When you reach 800 points, you will receive an email with instructions to get your prepaid card. The card has an expiration date, so don’t wait!

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