



SEHBP Wellness Programs

The School Employees' Health Benefit Program (SEHBP) / Horizon incentivizes employees covered under the medical plan to lead healthier lifestyles by offering **two health programs**, NJWELL and Horizon bfit.

Covered employees can **earn incentives up to \$490** (for a single plan) or **up to \$980+** (for a member spouse / family plan). These programs are offered at no cost to the district or employees. Please find more information about each program below.

NJWELL is an employee wellness program designed to help covered members to live a healthy lifestyle. *Members and covered spouses can each earn a **\$250 gift card** by completing wellness activities such as annual physicals, dental checkups, and many other preventative health services.* NJWELL runs from November 1st through October 31st of the following year. All information is kept private and will not be shared with employers.

For more information, please visit <https://www.horizonblue.com/shbp/njwell>. You must register for Horizon online portal access to participate. Once logged into the Horizon portal, click on the "Wellness & Services" drop down and then click on "NJWELL & Retiree Wellness".

HorizonbFit is a fitness incentive program that rewards you for making your health and fitness a priority. HorizonbFit is Horizon BCBSNJ's fitness incentive program for covered SEHBP members 18 years of age and older. Track your activity to earn a **\$20 reward each month**:

- Work out at home 12 or more days a month, and record and submit your workout using the Fit-At-Home feature on the ActiveFit app; or
- Walk 10,000 steps a day for at least 12 days a month; or
- Visit one of 4,000 participating fitness facilities 12 or more days a month; or
- Complete any combination of the above activities for at least 12 days a month.

For more information, please visit <https://members.advantahealth.com/horizonbfitmobile>

IMAC Insurance Agency will be covering these services during at the next enrollment period, but if you have any additional questions about these programs, please feel free to contact us to discuss further details.

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