To help you get and stay healthy, Horizon Blue Cross Blue Shield of New Jersey offers a unique Health Assessment, powered by WebMD®. A Health Assessment gives you a picture of your current health status. To complete your online Health Assessment, just answer a brief questionnaire about your medical history and lifestyle habits. Based on your answers, you'll get an assessment of your current health and will be offered tips to improve your wellness. Use of the tool is voluntary for Horizon BCBSNJ members, but completing the Health Assessment is a required activity to earn NJWELL reward points from November 1, 2014 to October 31, 2015.

   Go to Secure Sign in and click Sign in.
   If you do not have a user ID and password, select Register Today and follow the on-screen prompts. Once registered, enter your User ID and password.

2. Go to the I Want To... menu on the right-side of the page, select Take Health Assessment.

(continues)
When completing the Health Assessment, answer all questions and press the **CONTINUE** button on each page and the **COMPLETE** button on the last page until you see your new **Health Assessment Score** and the “Health Assessment last completed” date indicating today’s date. If the current date does not appear, your Health Assessment is not complete and will not be reported to the State of New Jersey Division of Pensions and Benefits.

Always print a copy of your **Summary Page**.

You can print the **Physician Summary Report** to discuss with your doctor.

Select the “**Print Reports**” menu above and to the right of your Health Assessment Score and select pages to be printed.

### 4 Need Help?

If you need help accessing Member Online Services, send an email to **Member_Portal@HorizonBlue.com**. Representatives are available Monday through Friday, between 7 a.m. and 6 p.m., Eastern Time (ET).

When using or registering for Member Online Services, please keep these tips in mind:

- You must have a valid email address when registering.
- Member Online Services is available Monday through Friday, from 7 a.m. to 10 p.m., Eastern Time (ET), and Saturday, from 8 a.m. to 4 p.m., ET.
- The operating systems that work with Member Online Services are MS Windows and Mac OS.
- The browsers that are supported are Internet Explorer 6 or higher, Firefox 3 or higher, Chrome and Safari.
- You will need Adobe Acrobat Reader 6 or higher to view select content.

Your NJWELL Rewards and menu of incentivized activities is accessible through **My Health Manager**, at **HorizonBlue.com/SHBP**. In the **Healthy Living** tab, click **Rewards** to view and track your status.