



# Exercise regularly? Get rewarded!

## HorizonbFit<sup>SM</sup>, Horizon Blue Cross Blue Shield of New Jersey's fitness incentive program, will reward you for making your health and fitness a priority.

**HorizonbFit** rewards eligible Horizon BCBSNJ members for getting regular exercise. Once you enroll, you become eligible to receive a \$20 reward for every month in which you:

- Visit one of the 4,000 participating fitness facilities 12 or more days a month
- Walk 10,000 steps a day for at least 12 days a month, or
- Complete any combination of visiting a participating facility and walking 10,000 steps for a total of at least 12 days a month (e.g., within the month, you visit a participating gym for six days and walk 10,000 steps for six days)

With **HorizonbFit**, you can earn up to \$240 a year in rewards!

### ActiveFit<sup>TM</sup> tracks visits, imports steps

**HorizonbFit**'s free mobile app ActiveFit makes syncing your step count and reporting gym visits easy. When ActiveFit is running, it imports your step count from a compatible wearable device or mobile app.

ActiveFit can also detect when you've entered a participating gym and logs the visit toward your monthly incentive.

Whether you're walking or hitting the gym, ActiveFit does the tracking for you. Download it free from the App Store<sup>SM</sup> or Google Play<sup>TM</sup>.

### How to enroll

Enrolling is free and easy at **HorizonbFit.com**. Here you can verify your eligibility using your member ID card number and set up your account. If your fitness facility does not participate with **HorizonbFit**, you can nominate it for inclusion.

If you are eligible for **HorizonbFit**, your dependents age 18 and older and covered under your Horizon BCBSNJ plan are too.

Horizon BCBSNJ wants to help our members get and stay healthy. If you have any questions about **HorizonbFit**, call **1-201-351-7850**, ext. 1.

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