



Improve your health. Feel your best. With help from a Horizon Care Navigator.

If you have an acute or chronic condition, or need help understanding a new diagnosis, your dedicated Horizon Care Navigator, a registered nurse, can:

- Monitor your medical situation, and work with your doctors and caregivers to help manage your health needs.
- Talk to you about your health and possible ways to improve it.
- Connect you with other health professionals, including registered dietitians and behavioral health specialists.

Participation in the program is free and voluntary. To speak with a Horizon Care Navigator, call **1-888-621-5894**, option **2**, followed by option **3**, weekdays, between 8 a.m. and 5 p.m., Eastern Time.

Need after-hours help when your Horizon Care Navigator isn't available?

With Horizon CareOnlineSM, you can see or talk to a U.S. board-certified, licensed doctor 24/7. Just sign in to the **Horizon Blue app**¹ or **HorizonBlue.com** for a convenient telehealth visit. Horizon CareOnline does not replace your relationship with your doctor, but offers care when you need it.



Learn more at **HorizonBlue.com/**



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¹To download the **Horizon Blue app**, text **GetApp** to **422-272**, or download it from the App Store[®] or Google Play[™]. There is no charge to download the **Horizon Blue app**, but rates from your wireless provider may apply. App Store[®] is a service mark of Apple Inc., registered in the U.S. and other countries. Google Play[™] is a trademark of Google LLC.

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Spanish (Español): Para ayuda en español, llame al **1-855-477-AZUL (TTY 711)**. **Chinese (中文):** 如需中文協助，請致電 **1-800-355-BLUE (TTY 711)**.

Horizon Care Navigators cannot diagnose problems or recommend specific treatment. They are not a substitute for your doctor's care. For more information about Horizon CareOnline, visit info.americanwell.com/where-can-i-see-a-doctor-online. For technical help, call the eService Desk at **1-888-777-5075** to speak with an agent for assistance, weekdays, between 7 a.m. and 6 p.m., Eastern Time, or email HorizonCareOnline@AmericanWell.com. American Well is an independent company that supports Horizon Blue Cross Blue Shield of New Jersey in the administration of telehealth services. Services are not an insurance program and may be discontinued at any time.

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