

Horizon NJ Health is committed to your health care needs



We have programs and resources to help you get and stay healthy – and there is no cost to participate. You have access as part of your membership with us. **Let us help you achieve your best you!**

Care Management



A dedicated team of Care Managers will help you schedule your doctors' visits, coordinate services and provide resources to help you manage your chronic condition.

- Diabetes
- Congestive heart failure (CHF)
- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Hypertension
- HIV/AIDS

For questions or to enroll, call **1-800-682-9094 x89634** (TTY 711).

Mom's GEMS



A prenatal program to help you get the proper care, support and education for a healthy pregnancy. For questions or to enroll, call **1-800-682-9090** (TTY 711).

Horizon *Healthy Journey*



A program that sends you reminders and gives you information about preventive health screenings and services through all stages of life. For questions or more information, call **1-844-754-2451** (TTY 711).

Neighbors in Health: Education Works



A custom program that fits your life to help you study for and get your high school equivalency diploma, or GED. For more information, call **1-800-682-9094 x52076** (TTY 711), or email EducationWorks@HorizonBlue.com.

To stay current on all of our programs targeted at improving your health, please visit horizonNJhealth.com to learn more.