

Connect with a Horizon Care Navigator

Helping you improve your health



It's hard to be your best when you're not feeling well. Your Horizon Care NavigatorSM can help.

Achieve your best health with Horizon Blue Cross Blue Shield's (Horizon BCBS) Care Navigator program. If you have an acute or chronic condition, or need help understanding a new diagnosis, your dedicated Horizon BCBS Care Navigator, a registered nurse, can help by:

- Monitoring your medical situation, and working with your doctors and caregivers to help manage your health needs.
- Talking to you about your health and possible ways to improve it.
- Connecting you with other health professionals, including a registered dietitian and behavioral health specialist.

Participation in the program is free and voluntary. To speak with your 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.

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Spanish (Español): Para ayuda en español, llame al **1-855-477-AZUL (2985)** (TTY 711).

Chinese (中文): 如需中文協助, 請致電 **1-800-355-BLUE (2583)** (TTY 711).

Care Navigators cannot diagnose problems or recommend specific treatment. They are not a substitute for your doctor's care. Services are not an insurance program and may be discontinued at any time. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association. The Blue Cross[®] and Blue Shield[®] names and symbols are registered marks of the Blue Cross and Blue Shield Association. The Horizon[®] name and symbol are registered marks of Horizon Blue Cross Blue Shield of New Jersey. © 2021 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105.

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During business hours, your designated Care Navigator has immediate access to your Fund Administrator's claim and customer service teams. That arrangement allows real-time engagement and close ongoing supervision of Care Navigator patients.



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