

Your Primary Nurse Committed to Helping You Improve Your Health



We know you're busy – but we also know it's hard to be your best when you're not feeling well. Your Primary Nurse may be able to help.

Horizon Blue Cross Blue Shield of New Jersey is committed to helping you achieve your best level of health. If you have an acute or chronic health condition, our voluntary and free Primary Nurse program may be able to help. Your Primary Nurse is a dedicated Horizon BCBSNJ registered nurse who can assist you and your covered dependents dealing with a health condition.

How It Works

If you're eligible, your Primary Nurse can:

- Regularly monitor your medical situation and work with your doctors and caregivers to help manage your medical needs.
- Schedule regular calls with you to discuss your health and possible ways to improve it.
- Access additional health professionals, including a registered dietitian and behavioral health specialist, to support your health needs.
- Provide assistance in understanding your benefits and navigating the health care system.

Examples of Supported Conditions

Your Primary Nurse can assist you and your covered dependents with various acute and chronic health conditions.

Some examples include:

- Asthma
- Chronic Kidney Disease
- Chronic Obstructive Pulmonary Disease
- Coronary Artery Disease
- Diabetes

To be connected with your Primary Nurse, call **1-888-621-5894**, option **2**, between 8 a.m. and 5 p.m., Eastern Time, Monday through Friday.

High-Risk Maternity Case Management

Mothers-to-be with potential pregnancy complications are encouraged to call the number above, and nurses may contact you by telephone if eligible for this program. A case manager is available to work with the patient's treating doctor and monitor clinical progress, while providing nursing support throughout the pregnancy. Your nurse can also provide helpful information regarding services covered by your plan.

Horizon Blue Cross Blue Shield of New Jersey complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, gender, national origin, age, disability, pregnancy, gender identity, sex, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.

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

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



Horizon Blue Cross Blue Shield of New Jersey

HorizonBlue.com/dsm



Primary Nurses 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. Always speak with your doctor before starting an exercise program or diet.

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