



"I hurt my back weightlifting."

"I hurt my back weightlifting. I was afraid surgery was the only way I could be pain free. But my Primary Nurse talked to me about other options, like physical therapy, which has made a big difference for me. I no longer need daily pain medication."

– David

If you're struggling with a health concern, the Horizon Blue Cross Blue Shield of New Jersey Primary Nurse program can help you achieve your best level of health.

When you call, or when your Primary Nurse reaches out to you, you'll receive dedicated support in coordinating your care and following your doctor's treatment plan – all at no cost to you, and with no impact to your benefits.

We know you've got a lot to do – but if you have a health condition, your Primary Nurse can help you maximize your time by connecting you with other health care resources you may need, such as a registered dietician, behavioral health specialist or pharmacist. They will work together to empower you to improve your health.

Interested in being connected with the Primary Nurse for DSM? Just call **1-888-621-5894**, option **2**.

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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