



Virtual Care From the Comfort of Your Home

When you need to see a doctor or nurse – any time day or night – simply sign in to HorizonBlue.com/dsm or the **Horizon Blue app**¹. Get 24/7 access to doctors from the comfort of your home.

Convenient virtual care options:

See a doctor: Video chat with a U.S. board-certified, licensed doctor without an appointment on a computer or mobile device through our telemedicine service, **Horizon CareOnline**^{SM 2}. You can use this option when you need treatment for common health problems like fever, colds and flu, sinusitis, skin irritations and rashes, abdominal pain, and more.

See a behavioral health specialist: You can also schedule a video appointment with licensed psychiatrists, psychologists and social workers, from 7 a.m. to 11 p.m., for conditions such as anxiety, attention deficit/hyperactivity disorder (ADHD), bipolar disorder, and depression.

How much does it cost?

PPO Plan: \$5 copay for urgent medical visits and behavioral health visits.

CDHP: \$0 copay for urgent medical visits and behavioral health visits.

Who are the health care professionals?

Urgent medical care services for Horizon CareOnline are provided by U.S. board-certified, licensed doctors who average 15 years of experience in primary/urgent care.



Register now so you're ready whenever you need care. Visit HorizonBlue.com/dsm or download the **Horizon Blue app**.



HorizonBlue.com/dsm

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.

²Horizon CareOnline does not replace your relationship with the primary doctor or behavioral health professional you may see on a regular basis, but Horizon CareOnline is available when you need it. Horizon Blue Cross Blue Shield of New Jersey complies with applicable Federal civil rights laws and does not discriminate against nor does it exclude people or treat them differently 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)** (TTY **711**). Chinese (中文): 如需中文協助, 請致電 **1-800-355-BLUE (2583)** (TTY **711**).

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. American Well is an independent company that supports Horizon Blue Cross Blue Shield of New Jersey in the administration of telehealth services. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross Blue Shield Association.

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