



# When Is a Horizon Care Navigator<sup>SM</sup> Right for Me?



## If you have a chronic health condition such as:

- Asthma
- COPD (chronic obstructive pulmonary disease)
- Coronary artery disease (a type of heart disease)
- Cirrhosis
- Diabetes
- Depression
- Heart failure (congestive heart failure)
- Hypertension
- Multiple Sclerosis
- Substance use concerns

## If you need complex care for:

- Brain or spinal injury
- Cancer
- High-risk pregnancies
- Pediatric conditions
- Rare diseases
- Stroke
- Transplants

## If you have an upcoming surgery or recently had surgery:

- Connecting you to additional resources
- Coordinating and explaining medication regimens
- Consulting with your doctors
- Post-surgery follow up
- Regular weekly check-ins

## The Horizon Care Navigator team can help:

- Enhance the quality of life for you and your family
- Contribute to your sense of well-being and dignity
- Positively influence the quality of your health care
- Coordinate your care
- Empower you and your family members through education

These are examples of diagnoses, conditions or circumstances but not limited to only these.



If you are dealing with a health challenge, don't face it alone. Let's manage your challenge together. To speak to a Care Navigator, registered nurse, call **1-888-621-5894** and select **option 2 and then option 3**, weekdays, between 8 a.m. and 5 p.m., Eastern Time. You can also enroll in the program on your own. Just visit [Horizonblue.com/dsmcarenavigator/enroll](https://Horizonblue.com/dsmcarenavigator/enroll), provide some necessary information and a Care Navigator will call you.



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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. In the event of an emergency, please go to the nearest hospital or doctor, or call **911**. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross Blue Shield Association. The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross Blue Shield Association. The Horizon® name and symbols are registered marks, and Horizon Care Navigator<sup>SM</sup> is a service mark of Horizon Blue Cross Blue Shield of New Jersey. © 2023 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105.

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