



Horizon NJ Health helps members manage many health issues. Talk to your Care Manager for information about:

- Asthma
- Congestive Heart Failure (CHF)
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- HIV/AIDS
- Hypertension

If you are enrolled in any of our Disease Management programs and no longer wish to be, please call Member Services toll-free at **1-844-444-4410** (TTY **711**).

Family planning services

If you are interested in family planning and contraceptive services, including genetic testing and counseling, Horizon NJ Health can help you find the services you need and will tell you about doctors and clinics that are close to you. Remember to take your Horizon NJ Health member ID card when you go to your appointment. You can also get family planning and contraceptive services from other clinics and doctors who accept the NJ FamilyCare program but who are not in the Horizon NJ Health network. Use your Health Benefits Identification (HBID) Card if you visit them.

Horizon *Healthy Journey*

Horizon NJ Health understands that it may be hard to remember all of your health care recommendations and appointments. The *Horizon Healthy Journey* program is designed to keep you on track with reminders and educational materials relevant to your health care needs. We will contact you by phone with both live and automated calls. You will also receive materials by mail. Horizon NJ Health will work with your doctors to make sure they are aware of your recommended services.

Women's Services

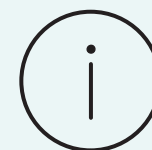
If you need women's health services or you are going to have a baby, call an Ob/Gyn or a certified nurse midwife (CNM) who participates in Horizon NJ Health's network and make an appointment.

It is important that women visit an Ob/Gyn for regular care. Women age 21 through 65 years old should have a pap test every three years. Women between the ages of 30 and 65 should be tested every five years if it is a pap test combined with a human papillomavirus test. A **pap test** is the best way to detect pre-cancerous cells that may lead to cervical cancer. Routine cervical cancer screening is covered under your benefits, at no cost to you.

Yearly mammograms are recommended for women age 40 and older, and are covered under your benefits at no cost to you. A mammogram can help your doctor find breast cancer early – often one and a half to two years before a lump is big enough to be felt.

Words to know

Pap test: A cervical cancer screening



Programs for you (continued)

Help for pregnant women: Mom's GEMS

If you think you are pregnant, call your Care Manager right away for an appointment. Mom's GEMS is designed to help you get good **prenatal care**, regular checkups, nutrition advice and **postpartum** information after your baby is born.

Once you learn you are pregnant, you will need to notify the Board of Social Services, to ensure you keep your NJ FamilyCare eligibility throughout your pregnancy.

When you are pregnant, you should see your Ob/Gyn:

- At least once during the first two months, or once you know you are pregnant
- Every four weeks during the first six months
- Every two weeks during the seventh and eighth month
- Every week during the last month
- Between three weeks and two months after the birth of your baby for a postpartum visit

If you are pregnant or have children, you may be eligible for an extra program called WIC (Women, Infants and Children). This program gives you nutritional benefits, such as free milk, eggs and cheese. Your Care Manager will help you to apply and to set up an appointment.

Horizon NJ Health can also help you with lactation services, such as breastfeeding classes/ counseling and getting a breast pump and supplies.

BabyGEMS app

Download the free BabyGEMS app to get personalized information about your pregnancy. You can track your baby's health through every stage, connect with Horizon NJ Health resources like the Mom's GEMS Prenatal Program, view health milestones for you and your baby, find answers to common pregnancy questions and much more. You can continue to use the app after your baby is born to record your baby's growth and find information about postpartum care.

Text *GEMS* to **1-855-553-0461** to download the app for free.

Keeping children healthy

The Early Periodic Screening, Diagnostic and Treatment (**EPSDT**) program is a government mandate that helps keep children healthy. Horizon NJ Health has several programs to make sure children get all the EPSDT benefits through age 21.

The EPSDT program helps keep immunizations and well-child visits on track and reminds parents to have their child's PCP screen for medical problems early and continue to check for problems as the child grows.

Taking children to the doctor is very important for their healthy growth and development. Children need to go to the doctor several times a year up to age 2 and at least once a year from the ages of 2 to 20 years old. Babies should see their doctor at the following ages:

- Newborn – 3 days post hospital discharge
- Under 6 weeks
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- And once a year through age 20

Words to know



Prenatal care: Care for pregnant women

Postpartum: Care for a woman after she delivers a baby



During well-child visits, the doctor will check your child's vision, teeth, hearing, nutrition, growth and development, treat any problems and refer your child to a specialist, if needed. The doctor will also perform lead screenings to find out if your child has been exposed to dangerous levels of lead from paint or other sources. These visits are also a good time to ask questions and talk about any problems or concerns you have. Horizon NJ Health covers all of these services for members up to the age of 21.

Horizon NJ Health also covers prescription and non-prescription drugs, in-home ventilator services and private duty nursing for children when needed.

Remember that immunizations are safe and effective. By getting your child immunized, you can protect your child from serious illnesses, such as:

- Mumps
- Polio
- Rubella
- Chicken pox
- Influenza
- Rotavirus
- Hepatitis A
- Measles
- Meningitis
- Diphtheria
- Tetanus
- Hepatitis B
- Pertussis
- Pneumococcal invasive disease

Children should get these important immunizations before their second birthday.

Your child should see a dentist for a first dental exam by age 1 or soon after the appearance of the first tooth, whichever comes first, and afterwards at least twice yearly dental exams and cleanings. When your child is very young, these visits will include an oral exam, the application of fluoride varnish to the teeth to prevent cavities, caries risk assessment and anticipatory guidance to help you keep your child's teeth healthy. Be sure to complete all recommended dental treatment.

Test your child for lead poisoning

According to New Jersey state law, children must be tested for lead poisoning, first between 9 and 18 months old (preferably at 12 months) and again between 18 and 26 months (preferably at 24 months old). Any child who is 6 months of age or older and is exposed to a known or suspected lead hazard should have a lead test done immediately. Children between the ages of 27 months and 6 years old should be tested if they were never tested before. Lead care management is given to all Horizon NJ Health members up to 6 years of age who have high blood lead levels. The lead program gives you information about keeping your home lead free and safe. You will get information on blood lead levels and preventive measures, including housekeeping, hygiene, appropriate nutrition and why it is so important that you follow your doctor's instructions when dealing with lead problems.

Lead can be found in places you don't expect. Cooking tools, toys and candies imported from other countries may contain lead.

Your Horizon NJ Health Care Manager will work with your child's PCP, the Department of Health, WIC and laboratories to make sure that any high blood lead levels found in your child are lowered so your child stays healthy.





Smoking cessation

Being smoke-free is one of the best things you can do to improve your health. By quitting smoking, you can improve your lung function and circulation. You can also reduce your chance of developing certain cancers and heart disease, among many other benefits. It may help you add years to your life.

New Jersey has several support options to help you quit smoking:

- **NJ Quitline:** Design a program that fits your needs and get support from counselors. Call toll free **1-866-NJ-STOPS (1-866-657-8677)** (TTY **711**), Monday through Friday, from 8 a.m. to 8 p.m. (except holidays) and Saturday, from 11 a.m. to 5 p.m. The program supports 26 different languages. Learn more at njquitline.org.
- **NJ QuitNet:** Free peer support and trained counselors, available 24 hours a day, seven days a week at quitnet.com.
- **NJ Quitcenters:** Receive professional face-to-face counseling in individual or group sessions. Locate a center by calling **1-866-657-8677** (TTY **711**) or visit quitnet.com.

The medicines listed below are available to Horizon NJ Health members and can help you quit smoking. Ask your doctor if any of these are right for you:

- Bupropion (Zyban)
- Nicotine transdermal patches (Nicoderm)
- Nicotine polacrilex gum (Nicorette)
- Nicotine polacrilex lozenge (Commit)

Horizon Neighbors in Health: Education Works

As a Horizon NJ Health member, you can earn a high school diploma through our **Horizon Neighbors in Health: Education Works** program at no cost to you. The program will:

- **Connect you** with groups in your area to help you study.
- **Give you telephone coaching** throughout the process to help you stay on track.
- **Work with you one-on-one** to understand your situation and remove any barriers that are preventing you from getting your high school diploma, such as transportation to the testing center or childcare during the test.*
- **Pay** the pre-test and test fees.**

To learn more, call **1-609-537-2076** (TTY **711**), Monday through Friday, 9 a.m. to 5 p.m., ET or visit horizonNJhealth.com/EducationWorks.

*Services will be provided when needed.
Not all members will receive these services.

**Limited to three attempts.