

Programs for You

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, we can help you find the services you need. We can also help you find doctors and clinics near 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* program

The Horizon *Healthy Journey* program will remind you when it's time for your preventive health screenings or services. You may hear from us through live and automated calls, or we may send you reminders in the mail. We 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, make an appointment with an Ob/Gyn or a certified nurse midwife (CNM) in Horizon NJ Health's provider network.

It's important for women to 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 getting a pap test combined with a human papillomavirus test. A pap test is the best way to find pre-cancerous cells that may cause cervical cancer. Routine cervical cancer screening is covered, at no cost to you.

Yearly mammograms are recommended for women age 40 and older, and are covered, at no cost to you. A mammogram can 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. As a mother-to-be, you can join the Mom's GEMS Program. GEMS stands for "Getting Early Maternity Services." Mom's GEMS can help you get good prenatal care, childbirth education, breastfeeding education, doula services, nutrition advice and, after your baby is born, postpartum information.

Once you learn you are pregnant, you will need to let your Board of Social Services know so you can 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

You should visit your Ob/Gyn as scheduled after the birth of your baby for a postpartum visit.

If you are pregnant or have children, you are likely eligible for the WIC (Women, Infants and Children) program. 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.

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. It also 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 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:

- Within 3 to 5 days post hospital discharge
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 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

Programs for You (continued)

During well-child visits, the doctor will check your child's vision, teeth, hearing, nutrition, growth and development, give vaccinations, treat any problems identified and refer your child to a specialist, if needed. 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 covers prescription and non-prescription drugs, in-home ventilator services and private duty nursing for children when needed.

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

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

Children should get these important immunizations before their second birthday.

Children should have their first dental exam when they are a year old, or when they get their first tooth, whichever comes first. The NJ Smiles program allows non-dental providers to perform oral screenings, caries risk assessments, anticipatory guidance and fluoride varnish applications for children through age 3. If additional care is needed, members can find a complete list of dentists who treat children 6 years of age or younger in *The NJFC Directory of Dentists Treating Children Under the Age of 6*. This separate list of dentists is located at horizonNJhealth.com/kidsdentists.

Get your child tested for lead poisoning

Lead poisoning happens when too much lead gets into the body, like eating or breathing it, or it can enter through the skin. According to New Jersey state law, children must be tested for lead poisoning between 9 and 18 months old (preferably at 12 months) and again between 18 and 26 months (preferably at 24 months old). Any child 6 months or older and who has been exposed to a known or suspected lead source should have a lead test right away. If a child between the ages of 24 months and 6 years old has not received a screening blood test, the child must get tested immediately, regardless of whether the child is determined to be at a low or high risk.

Children age 6 and under who have high lead levels will be placed in a lead care management program. Lead Care Managers are nurses who work with you to help keep your child lead free. The lead program gives you information about keeping your home lead free and safe. You will get information on blood lead levels, and how to prevent lead poisoning, including housekeeping, hygiene and appropriate nutrition. It's so important that you follow your doctor's instructions when dealing with lead problems.

Your Care Manager will work with your child's PCP, the Department of Health, WIC and laboratories to make sure your child's high blood lead levels are lowered so your child can be healthy.

Programs for You (continued)

Get help quitting smoking or vaping

Being smoke-free is one of the best things you can do to improve your health. By quitting smoking or vaping, you can improve your lung function and circulation. You can also reduce your risk of heart disease, cancer and other health problems. It may help you add years to your life.

The thought of quitting may be overwhelming, or you may not know where to start. We're here to help. We cover counseling, prescription medicines and over-the-counter products like nicotine patches and gum to help you stop smoking or vaping. You can also get help from:

- **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**), weekdays, from 8 a.m. to 8 p.m. (except holidays) and Saturday, from 11 a.m. to 5 p.m., ET. The program supports 26 different languages. Learn more at njquitline.org.
- **NJ Quitcenters:** Get professional face-to-face counseling in individual or group sessions. To find a center, call **1-866-657-8677** (TTY **711**).

Horizon Neighbors in Health: Education Works

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**), weekdays, 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.

LifeLine Program

Horizon NJ Health works with SafeLink Wireless to offer the LifeLine Program at no cost to you. You may be eligible to get:

- A free smartphone, 4.5 GB of data and 350 monthly minutes
- Unlimited text messages
- Free calls to Horizon NJ Health Member Services that won't count toward your minutes

If you already have your own phone, you may be able to use it for this program. For more information and to see if you're eligible, apply at SafeLink.com and enter the Promo Code *Horizon*, or call **1-877-631-2550** (TTY **711**).