

Issue 3, 2022

Blue Notes



In This Issue

Your health and wellness are important. That's why we're here to help you get the most out of your benefits, so you can get and stay healthy. If you have any questions about what's covered or how to get care, our Member Services Representatives are available 24 hours a day, seven days a week. Just call us at **1-800-682-9090** (TTY 711).

Know Your Benefits

Our Prescription Drug List is Changing	4
New Generics	5
Have You Downloaded the Horizon NJ Health App?	8
Your Digital Member ID Card	9
Care Management for Your Chronic Condition	10
Is Complex Care Management Right for You?	11

Health & Wellness

Important Vaccine Information	2
Breast Cancer Screening	6
Support for Members With Side Effects From Antipsychotic Medications	7
COPD: What Is It?	8
Take Your Medicine the Right Way, Every Day	9
Important Screenings for Diabetics	10
Depression: What to Watch For	12
Lead: The Silent Killer	14
Should You Go to Urgent Care?	15
What You Should Know About Opioids	17

Important Reminders

Update Your Contact Information	3
Save on Internet Services with the Affordable Connectivity Program	3
Information on Leaving a Nursing Facility	5
You May Be Eligible for Horizon NJ TotalCare (HMO D-SNP)	13
Programs to Help Pay Your Energy Bill	14
Use Your SNAP EBT Card for Online Grocery Shopping	16
Annual Privacy Notice	16



IMPORTANT INFORMATION



It's Time for Your Yearly Flu Shot

Getting a yearly flu shot is your best protection from the flu. Everyone age 6 months and older should get a flu shot every year. The flu can cause serious health issues for people with a weakened immune system or high-risk conditions like heart disease, asthma and some cancers. In serious cases, you can die from the flu. It's important to protect yourself and those around you.

You can get a flu shot at your doctor's office or local participating pharmacy. Visit horizonNJhealth.com/findadoctor, or call Member Services at **1-800-682-9090** (TTY **711**) to find a pharmacy near you.



Do You Need a Pneumonia Vaccine?

Pneumonia causes an estimated 150,000 hospitalizations each year in the United States. Pneumococcal vaccines can prevent severe disease, hospitalization and death. Most people need only one pneumonia shot after age 65. Talk to your doctor to see if the pneumonia vaccine is right for you.

Sources: Centers for Disease Control and Prevention. *Influenza (Flu)*. Retrieved on **August 8, 2022** from cdc.gov/flu.
Centers for Disease Control and Prevention. *Pneumococcal Disease*. Retrieved on **August 8, 2022** from cdc.gov/pneumococcal/about/facts.html.



COVID-19 Vaccine

The COVID-19 vaccines are safe, effective and can prevent serious illness and hospitalization from COVID-19. Are you up to date with your COVID-19 vaccine and boosters? A second booster is recommended for adults age 50 and older. Talk to your doctor to see if you need a booster, or use the CDC's COVID-19 booster tool at cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html#when-you-can-get-booster.

Children 6 months and older can get vaccinated, and children 5 years and older can get booster shots. Talk to your child's doctor for more information.



Vaccines for Homebound Members

If you are not able to leave your home, you may be able to get your vaccines at home. Call your Primary Care Provider (PCP) for more information. If you need additional care coordination, please call your Care Manager or Member Services. If you don't know who your Care Manager is, please call **1-800-682-9094 x89634** (TTY **711**).



Update Your Contact Information



If your contact information has changed, you need to call NJ FamilyCare/Medicaid to update it.

Follow these steps to prepare for your renewal:

1. **Confirm/update your contact information**, including your address, email and phone number, by calling us at **1-800-682-9090 (TTY 711)**, 24 hours a day, seven days a week. NJ FamilyCare/Medicaid will use this information to communicate with you regarding your Medicaid eligibility. If your information needs to be updated or you have questions about the upcoming renewal process, we are here to help.
2. **Be on the lookout for mail from NJ FamilyCare/Medicaid.** This could include an envelope from the State of New Jersey or your local county. Whenever you receive mail related to NJ FamilyCare, please read it and **take required action right away** to avoid a gap in your NJ FamilyCare/Medicaid coverage.

For more information about NJ FamilyCare/Medicaid/Medicaid Eligibility renewal, call NJ FamilyCare at **1-800-701-0710 (TTY 711)** or visit [NJFamilyCare.org](https://www.njfamilycare.org).

Save on Internet Services with the Affordable Connectivity Program



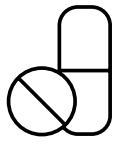
The Affordable Connectivity Program (ACP) is a national government program to help lower income Americans get access to high-speed internet. Through the ACP, you could get up to a \$30 per month discount on your internet service bill.

You can qualify for the ACP:

- Through your participation in other government programs (for example, Medicaid)
- Based on your annual household income
- By participating in an internet service provider's low income plan

For more information about the ACP, to find out if you qualify or to apply, go to affordableconnectivity.gov.

Our Prescription Drug Listing is Changing



You can find the most up-to-date formulary listing at horizonNJhealth.com/covered_drugs. The listing shows you if your medicine needs prior authorization (approval), step therapy (trying less expensive options before “stepping up” to medicines that cost more) or has quantity/age limitations. Here is a list of recent changes:

Covered Change Description	Brand (Generic) Drug Name	Alternatives (if applicable)
Covered	Emgality (galcanezumab-gnlm)	
Covered	Vonjo (pacritinib)	
Covered	Optivar (azelastine)	
Covered	Pyrukynd (mitapivat)	
Covered	Releuko (filgrastim-ayow)	
Covered	Vijoice (alpelisib)	
Covered	Voxzogo (vosoritide)	
Not Covered	EC-Naprosyn 500 (naproxen DR)	generic Motrin (ibuprofen), generic Advil (ibuprofen), generic Naprosyn (naproxen), generic Relafen (nabumetone), generic Orudis (ketoprofen), generic Cataflam (diclofenac), generic Voltaren (diclofenac), generic Dolobid (diflunisal), generic Indocin (indomethacin), generic Indocin SR (indomethacin ER), generic Clinoril (sulindac), generic Ansaïd (flurbiprofen), generic Mobic (Meloxicam)
Not Covered	Terazol (terconazole) vaginal cream	Over-the-counter (OTC) miconazole vaginal suppository/cream, OTC clotrimazole vaginal cream
Not Covered	Ceclor (Cefaclor) Suspension	Cefuroxime Suspension, Cefprozil Suspension

Please talk with your PCP about these changes. If your PCP decides for medical reasons you must take a medicine that is not on the formulary or needs pre-approval, including a brand name medicine exception, your PCP can call us at **1-800-682-9094 x81016 (TTY 711)** and ask for prior authorization for you to get the medicine. Under your Horizon NJ Health plan, you can get up to a 30-day supply of your medicine, if needed.

New Generics

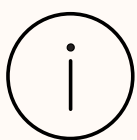
Generic medicines are the same as brand name medicines in quality, strength, purity and stability, as required by the U.S. Food and Drug Administration.

The list below has generic medicine that is currently on the market or expected to be on the market within the next three (3) months.

Generic Name	Brand Name
isosorbide dinitrate/hydralazine	Bidil
bortezomib	Velcade
lenalidomide	Revlimid
pirfenidone	Esbriet
fluticasone HFA	Flovent HFA
sorafenib	Nexavar
dabigatran	Pradaxa
phenelzine	Nardil

We encourage using generic medicines before brand name medicines, when appropriate.

Information on Leaving a Nursing Facility



If you are leaving a nursing facility, your Care Manager will work closely with you to assess your needs on an ongoing basis and follow your Plan of Care.

This includes identifying your goals, arranging care and support, and giving information about local resources to help you live as independently as possible. They can also help you with housing, education and employment, when applicable, so you can take care of yourself.



If you lose eligibility for a program or service that has been helpful to you, Horizon NJ Health will provide information or alternative resources so your care is not interrupted. Please call Member Services at **1-800-682-9090 (TTY 711)**.



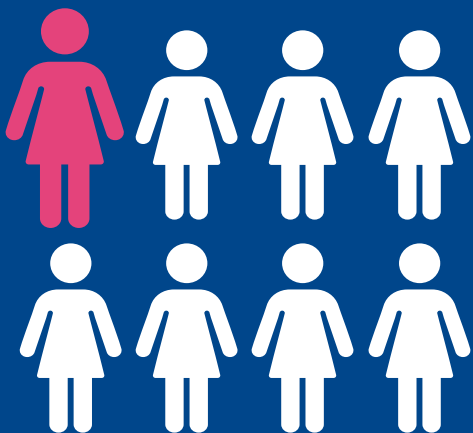
Breast Cancer Screening



Breast cancer is the second most common cancer in women. That's why it's so important for women ages 40 to 49 to get a mammogram every year, and women ages 50 to 74 get a mammogram every two years. A mammogram can detect cancer early, and early detection can save your life.

If you have any concerns that are preventing you from getting your mammogram, call Horizon *Healthy Journey* at **1-844-754-2451** (TTY **711**), weekdays, 8:30 a.m. to 5 p.m., Eastern Time (ET).

Source: The Centers for Disease Control and Prevention. *Breast Cancer*. Retrieved on **August 8, 2022** from cdc.gov/cancer/breast.



1 in 8
women will develop
breast cancer in
their lifetime

SIDE

EFFECS

Support for Members With Side Effects From Antipsychotic Medications



Antipsychotic medicines are often prescribed if you see, hear, smell, taste and feel things that are not there, have certain thoughts that are not real, or have severe anxiety or mood swings. If you are taking an antipsychotic medicine, you should be monitored for certain side effects at least once a year, including blood sugar and cholesterol levels. Talk to your provider about annual blood screening tests for diabetes and high cholesterol.

If you or a loved one is experiencing these side effects from antipsychotic medicine, you may qualify for Horizon NJ Health's Care Management program. This free, voluntary program offers care coordination and guidance to eligible members with a serious illness or condition. Care Managers work with you and your treating doctor so you get the best care possible to help you manage your health and improve your quality of life.

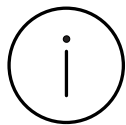
Our Care Managers will:

- Discuss your overall medical situation with you and your doctor(s)
- Help you manage your health condition
- Help you locate and coordinate the right care for your needs

For more information about the Care Management program, visit horizonNJhealth.com/membersupport/programs/care-management.



COPD: What Is It?



Chronic Obstructive Pulmonary Disease (COPD) is a group of diseases, including emphysema and chronic bronchitis that cause breathing-related problems.

Symptoms of COPD include:

- Frequent coughing or wheezing
- Excess phlegm or mucus
- Shortness of breath
- Trouble taking a deep breath

There is no cure for COPD, but you can maintain a good quality of life with treatment and lifestyle changes. Talk to your doctor if you think you have any of these symptoms.

Source: Centers for Disease Control and Prevention (CDC). What is COPD?
Retrieved on **August 8, 2022** from [cdc.gov/copd/index.html](https://www.cdc.gov/copd/index.html)

Have You Downloaded the Horizon NJ Health App?



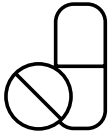
The **Horizon NJ Health app** lets you quickly and easily access your benefits anytime, anywhere. Getting the app is easy and free! You can download from the App Store® or Google Play™, or text **NJHLTH** to **422-272**.

If you've already registered at horizonNJhealth.com, you can use the same username and password for the **Horizon NJ Health app**. If you're a new user, follow the steps to get started.





Take Your Medicine the Right Way, Every Day



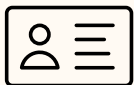
Following your doctor's orders for taking your medicine is important to control your health condition.

Follow these tips to help you take your medicine correctly:

- Fill your prescription regularly so you don't run out of medicine.
- Follow instructions for when to take your medicine and how much to take.
- Keep your medicine where you'll notice it and remember to take it.
- Use a pill container to help you keep track.
- Take your medicine as part of your daily routine, like eating a meal or brushing your teeth.

Let your doctor know if you have any unpleasant side effects. Also, talk to your doctor or pharmacist if you have any questions about your medicine.

Your Digital Member ID Card



Did you know that you can use your digital member ID card at the doctor's office? If you're registered at horizonNJhealth.com or use the **Horizon NJ Health app**, you can download your member ID card to your smartphone. It will be ready to show at the doctor's office when you need it.

When you're signed in at horizonNJhealth.com or the **Horizon NJ Health app**, you can also download your ID card or request a new card to be sent to you.

Important Screenings for Diabetics

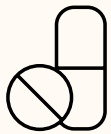


Regular screenings are key to managing your diabetes and avoiding serious health issues. Schedule your screenings today!

Test	What it does	How often you need it
Hemoglobin A1c	Measures blood sugar over the last 3 months	Every 3 to 6 months
Kidney Function (Microalbumin Test with Estimated Glomerular Filtration Rate)	Checks for protein in urine to measure how well the kidneys are working	Once a year
Diabetic Retinal Eye Exam	Looks for damage to the eye caused by high blood sugar – this is different than a routine eye exam	Once a year

You should also talk to your doctor about foot exams and how often you need them.

Care Management for Your Chronic Condition



Our Care Management team of nurses and social workers can help you get the care and services you need to manage your chronic condition.

Our Care Managers will:

- Help coordinate services with your doctors, pharmacies and home care agencies
- Schedule doctor's appointments, transportation and translation services
- Provide education on managing your condition
- Answer your questions about your health or benefits
- Give resources for housing, behavioral health services, food, finance and education



The Care Management program is free and voluntary. It's available for both adults and children. For more information or to enroll, call **1-800-692-9094 x89634 (TTY 711)**, weekdays, 8 a.m. to 5 p.m., ET.



Is Complex Care Management Right for You?



If you have a serious medical condition or you are at risk for a hospital admission, our Complex Case Management team can help.

Our Case Managers will:

- Work closely with you to educate you about your condition
- Coordinate services with your PCP, specialist and any home services you need when you leave the hospital

During your first 30 days at home, our Case Managers will:

- Teach you about the signs and symptoms of your condition
- Discuss how to avoid a repeat Emergency Room (ER) or inpatient hospital stay
- Coordinate and manage your care by working with you, your family and your providers
- Help you coordinate follow-up care, community resources and/or behavioral health services
- Create a care plan based on your needs and goals

For more information or to enroll in our Complex Case Management program, call **1-800-682-9094 x89634** (TTY 711), weekdays, 8 a.m. to 5 p.m., ET.



Depression: What to Watch For



Depression is a mental health condition that's more serious than feeling down or having a bad day. It can affect your quality of life. Depression can show up differently for each person. Symptoms can include:

- Feeling sad or anxious often or all of the time
- Not wanting to do activities you used to enjoy
- Feeling irritable, frustrated or restless
- Having trouble falling asleep or staying asleep
- Eating more or less than usual
- Feeling aches, pains, headaches or stomach problems that do not improve with treatment
- Having trouble concentrating, remembering details or making decisions
- Thinking about harming yourself

If you are experiencing one or more of these symptoms, talk to your doctor. There are resources and treatment options for you.



You May Be Eligible for Horizon NJ TotalCare (HMO D-SNP)



If you're eligible for both Medicare and Medicaid, you may be eligible for Horizon NJ TotalCare (HMO D-SNP). With this plan, your covered benefits are combined into one easy-to-use, no-cost plan.

You'll get these extra benefits at no cost to you:

- Up to \$1,000 credit (\$250 every three months) to spend on items from our OTC Benefit Catalog
- An OTC Benefit Card with another \$1,560 annually (\$390 per quarter) to use toward the purchase of eligible OTC items at participating retailers.
- 24/7 online doctor and therapist visits (telehealth) from home using your phone, tablet or computer
- Home delivery of meals for up to 14 days after a qualifying hospital stay
- Fitness and exercise programs
- A dedicated Care Manager to coordinate your health care needs
- And more!

To learn more and to see if you're eligible, call **1-888-328-4542 (TTY 711)**, 24 hours a day, seven days a week, or visit HorizonBlue.com/TotalCare.

Lead: The Silent Killer



Lead poisoning is often called a silent killer because children with high levels of lead may not look or feel sick. A blood lead test is the only way to know if your child was exposed to lead.



Children should be tested:

- At 1 and 2 years old
- Immediately if they are between 2 and 6 years old and have never been tested

Lead poisoning can cause:

- Behavior and learning problems
- Brain damage
- Hearing and speech problems
- Slower growth and development
- Hyperactivity
- Anemia
- Seizures, coma and even death (at very high levels)

The long-term effects of lead poisoning are more harmful to children 6 years old and younger because their bodies and brains are developing quickly. Talk to your child's doctor about lead testing. It is covered at no cost to you.

Source: Centers for Disease Control and Prevention (CDC). Childhood Lead Poisoning Prevention. Retrieved on **August 8, 2022** from <http://cdc.gov/nceh/lead>.

Programs to Help Pay Your Energy Bill



If you can't afford to pay your energy bill, NJ Utility Payment Assistance Programs can help. You may be eligible for one or more of these programs:

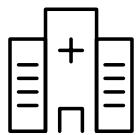
- Universal Service Fund (USF): **1-800-510-3102** (TTY 711)
- Low Income Home Energy Assistance Program (LIHEAP): **1-800-510-3102** (TTY 711), nj.gov/dca/divisions/dhcr/offices/hea.html
- Payment Assistance Gas and Electric (PAGE): **1-732-389-2204** (TTY 711), njpoweron.org
- NJ Shares (NJS): **1-866-NJSHARES (1-866-657-4273)** (TTY 711), njshares.org
- NJ Lifeline: **1-800-792-9745** (TTY 711), aging.nj.gov



For more information, including eligibility and applications, visit pseg.com/helpnow.



Should You Go to Urgent Care?



For most medical care, your PCP should be the first person you call. But if you can't reach your doctor or need care outside of regular office hours, you can go to an Urgent Care Center for an illness or injury that is not life-threatening.

An Urgent Care Center is a walk-in medical clinic that offers medical care on site, instead of a traditional Emergency Room (ER). Urgent Care Centers have doctors and other health care professionals that can provide services like X-rays and lab tests. The wait time is usually shorter than at the ER.

Urgent care centers can treat:

- Eye irritation and redness
- Fever or flu
- Minor broken bones and fractures
- Sore throat and cough
- Skin rash and infection
- Sprains and strains
- Urinary tract infection
- Vomiting, diarrhea or dehydration



Remember, for a life-threatening emergency, such as a heart attack or serious health injury, you should call **911** or go to the nearest ER.



Use Your SNAP EBT Card for Online Grocery Shopping

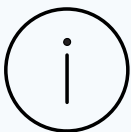


If you are issued a Families First Electronic Benefits Transfer (EBT) card for New Jersey's Supplemental Nutrition Assistance Program (SNAP), you can shop for groceries at online retailers such as ShopRite, Walmart, Amazon and more. For a complete list of participating stores, visit fns.usda.gov/snap/retailer-locator.

For information about using your SNAP EBT card online, visit nj.gov/humanservices/njsnap/recipients/benefits. To find out if you're eligible for SNAP, go to nj.gov/humanservices/njsnap.

Amazon gives people receiving SNAP benefits a 50% discount on a Prime membership. Go to amazon.com for more information.

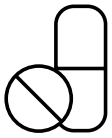
Annual Privacy Notice



Every year, we will let you know where to find our Notice of Privacy Practices. It tells you how we use and protect your health information, and the rights you have regarding your Protected Health Information (PHI). You can view our Notice of Privacy Practices at horizonNJhealth.com/privacy-policy.

To request a printed copy of our Notice of Privacy Practices, call Member Services at **1-800-682-9090** (TTY 711).

What You Should Know About Opioids



Opioids are prescription medicines such as oxycodone, hydrocodone, morphine and fentanyl that are used to treat severe pain. If taken as directed by your doctor, opioids can be a safe way to treat chronic (long-lasting) and acute (temporary, due to a surgery, accident or infection) pain. Since opioids affect the brain, they can become very addictive in a short amount of time.

If your doctor prescribes an opioid:

- Only take as directed and follow the directions on the prescription bottle.
- If your pain gets better, call your doctor to see if you can safely stop taking the medicine.
- Make sure your doctor knows about all other medicines you are taking.
- Do not mix opioids with alcohol or other drugs such as benzodiazepines or muscle relaxants, before discussing with your doctor.
- Make sure the medicine is stored in a safe place where it cannot be found by others, especially children or pets.

Do you have unused opioids? Get rid of them safely.



Keep those around you out of harm by discarding your unused or expired medicine as soon as possible.

- Find a local drug take-back program, such as at your local pharmacy or police station.
- Ask about a mail-back program at your local pharmacy.

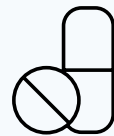
If the prior choices are unavailable, flush down the toilet as directed by the Food and Drug Administration (FDA). The FDA's flush list is at

[fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-fdas-flush-list-certain-medicines#FlushList](https://www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-fdas-flush-list-certain-medicines#FlushList).

Source: Centers for Disease Control and Prevention (CDC). *Opioids*. Retrieved on **August 8, 2022** from [cdc.gov/opioids/index.html](https://www.cdc.gov/opioids/index.html)



What can be used to treat pain other than opioids?



For pain that is not severe, or if you are concerned about taking opioids, ask your doctor about these options:

- Pain relievers such as acetaminophen, ibuprofen or naproxen
- Applying heat or ice to the affected area
- Topical medicines such as lidocaine or capsaicin



Horizon NJ Health
1700 American Blvd.
Pennington, NJ 08534



If you lose eligibility for a program or service that has been helpful to you, Horizon NJ Health will provide information or alternative resources so your care is not interrupted. Please call Member Services at **1-800-682-9090 (TTY 711)**.

Nondiscrimination Policy

Read about Horizon NJ Health's [nondiscrimination policy](#).

Getting Help in Your Language

If you need help understanding this information, you have the right to [get help in your language](#) at no cost to you.

Blue Notes

For a printed copy of this newsletter, please call Member Services at **1-800-682-9090 (TTY 711)**.

BLUE NOTES is published for members of Horizon NJ Health, 1700 American Blvd., Pennington, NJ 08534. Information in BLUE NOTES comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

There is no charge to download the Horizon NJ Health app but rates from your wireless provider may apply. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc., registered in the U.S. and other countries. Google Play and the Google Play logo are trademarks of Google LLC.

Horizon NJ TotalCare (HMO D-SNP) is an HMO Medicare Advantage Dual Eligible Special Needs plan with a Medicare contract and a contract with the State of New Jersey Medicaid Program. Enrollment in Horizon NJ TotalCare (HMO D-SNP) depends on contract renewal. Products are provided by Horizon NJ Health. Communications are issued by Horizon Blue Cross Blue Shield of New Jersey in its capacity as administrator of programs and provider relations for all its companies. Both are independent licensees 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 of Horizon Blue Cross Blue Shield of New Jersey.

© 2022 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105. (1222) 086-22-105
Y0090_H8298_ECN007251A_M



horizonNJhealth.com