



# WE'VE GOT YOU COVERED!

Check out the many resources offered to you and your family members by scanning the QR code or visiting [www.rwjhbbenefitplans.com/bhealthy-care](http://www.rwjhbbenefitplans.com/bhealthy-care).



## Medical Plan Resources

- Comprehensive benefit plans for you and your family
- Save money by using RWJBH Domestic doctors and facilities

### Plan design info:

Visit [www.rwjhbbenefitplans.com/medical-benefits](http://www.rwjhbbenefitplans.com/medical-benefits)

### Find a doctor:

Visit [horizonblue.com/rwjbarnabashealth](http://horizonblue.com/rwjbarnabashealth) or call Health Advocate at **877-233-9491**



## Get Medications with Ease

- Retail and mail-order pharmacies

### To get started:

Visit [www.rwjhbbenefitplans.com/prescription-benefits](http://www.rwjhbbenefitplans.com/prescription-benefits)

### Long-term prescriptions - Amazon Pharmacy:

Call **855-549-1760** or visit [www.amazon.com/horizonblue](http://www.amazon.com/horizonblue)



## Telemedicine (24/7/365)

- **\$5** for OMNIA & Direct Access (use Service Key RWJBH18)
- **\$67** if HDHP or not enrolled in RWJBH medical plan (use Service Key RWJBH15)

### To get started:

Visit [rwjhb.org/our-doctors/urgent-care-online](http://rwjhb.org/our-doctors/urgent-care-online)

### To schedule with a Premier Provider:

Visit [rwjhb.org/patients-visitors/patient-portal/mychart](http://rwjhb.org/patients-visitors/patient-portal/mychart)



## Get Care Support

- Manage your chronic condition/medications
- Coordinate your pre-and-post hospital care

### To get started:

Call **844-227-3795**



## Your Friend in Healthcare

- Locate Premier and Inner Circle providers
- Schedule appointments
- Connect you with appropriate resources to assist with benefit and claim issues

### To get started:

Call **844-424-2628**



## Take Care of Your Mental Health

- **Employee Assistance Program (EAP):** Free counseling for you and your family;
- **AbleTo:** 8 weeks of confidential therapy via phone
- **Medical Plan:** All in-network behavioral health copays are waived for RWJBH medical plan enrollees

**AbleTo:** Visit [ableto.com/rwjhb](http://ableto.com/rwjhb)

**EAP:** Call **800-300-0628**

**Horizon Behavioral Health:** Call **800-626-2212** or visit: [horizonblue.com/rwjbarnabashealth](http://horizonblue.com/rwjbarnabashealth) and click on **Behavioral Health**



## Focus on Wellness

- Earn points to reduce your 2025 medical plan contributions - **up to \$600 in savings!**
- Health coaching and online learning modules

### To get started:

Call the health coaches at **973-315-5015** or visit [join.virginpulse.com/bhealthy](http://join.virginpulse.com/bhealthy)



## BHealthy Mom

- Mobile app with health tips and trackers
- Resources for moms-to-be, new parents and those planning for pregnancy

### To get started:

Search for "BHealthy Mom" in the App Store



## RWJBH Institute for Prevention & Recovery

- Work with a confidential dedicated guide
- Free nicotine replacement therapies such as nicotine patches, gum and lozenges

### To get started:

Call **833-795-QUIT** or visit [rwjhb.org/nicotinerecovery](http://rwjhb.org/nicotinerecovery)



## Fighting Addictions

- Tackling addiction, together, for you and your loved ones

### To get started:

Call **848-303-0244** (M-F 8 a.m. to 4 p.m.) or **848-303-0008** (after hours).

*All resources are provided at no cost to you and your enrolled family members unless otherwise specified.*