

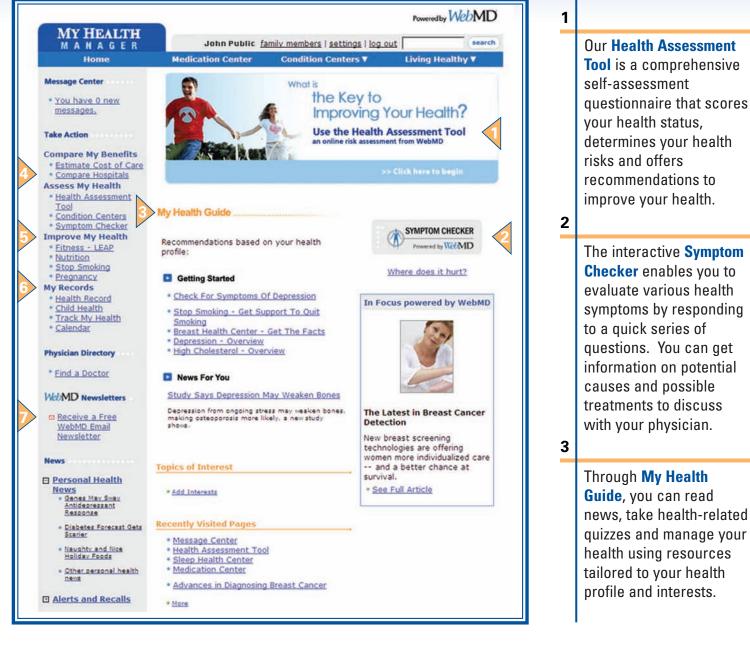
**B** 

Horizon Blue Cross Blue Shield of New Jersey

Making Healthcare Work.

# My Health Manager

Decision-support tools and health management resources available to you from Horizon Blue Cross Blue Shield of New Jersey and *Web*MD®<sup>"</sup>.



4	5	6	7	And more!
Let the <b>Compare</b> <b>Hospitals</b> tool offer side-by-side comparisons of hospitals based on quality and cost for a specific diagnosis or procedure.	The <b>Improve My Health</b> section helps you get and stay healthy with customized, interactive improvement programs including online fitness, nutrition and smoking cessation.		Sign up to receive free, e-mail <b>newsletters</b> offering timely and objective information about health and medical developments that matter to you.	<i>My Health Manager</i> is all about you. Just turn this page to learn more about what <i>My Health</i> <i>Manager</i> can do for you.



## Are you taking advantage of My Health Manager?

As a Horizon Blue Cross Blue Shield of New Jersey member, you have access to a personalized, interactive online health tool called *My Health Manager*. *My Health Manager*, powered by *Web*MD<sup>®</sup>, offers the **reliable information and resources you need to better assess, understand and manage your health**.

Visit www.HorizonBlue.com and click on My Health Manager to learn about additional tools:

#### **Condition Centers**

- Get in-depth health assessments for more than 35 health conditions.
- Receive a **personalized report** including:
  - a health assessment summary.
  - a list of treatment options and recommended links about your condition and treatments.
  - follow-up tools and trusted third-party wellness resources.

#### **Treatment Cost Estimator**

- Estimate the costs related to 350 different conditions, tests, procedures and office visits.
- Learn the true costs of medical care so you can better prepare for out-of-pocket expenses such as copayments, deductibles and coinsurance.

#### **Medication Center**

- Learn about and manage your medications, including the ability to set up automatic dosage and re-order reminders.
- Includes a drug library, interactions checker, medications record, news and articles.

#### **Message Center**

• Receive personalized e-mails containing news and tips based on the health topics that interest you.

#### Search

Still can't find it? Try the Search feature for instant access to a wealth of information from a
database of more than 30,000 leading health reference books, publications and sources.



### *My Health Manager* is personalized, easy to use and secure. Your health information is kept completely confidential.

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