



Horizon Blue Cross Blue Shield of New Jersey

Making Healthcare Work<sup>®</sup>

# My Health Manager

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

The screenshot shows the My Health Manager interface. At the top, it says 'Powered by WebMD' and 'John Public family\_members | settings | log out'. The main navigation bar includes 'Home', 'Medication Center', 'Condition Centers', and 'Living Healthy'. A central banner asks 'What is the Key to Improving Your Health?' and promotes the 'Health Assessment Tool'. Below this, there are sections for 'My Health Guide', 'SYMPTOM CHECKER', and 'In Focus powered by WebMD'. The left sidebar contains various tools and links, including 'Compare My Benefits', 'Assess My Health', 'Improve My Health', 'My Records', 'Physician Directory', 'WebMD Newsletters', and 'News'. Numbered callouts (1-7) point to specific features: 1. Health Assessment Tool banner; 2. Symptom Checker; 3. My Health Guide; 4. Compare My Benefits; 5. Improve My Health; 6. My Records; 7. WebMD Newsletters.

1

Our **Health Assessment Tool** is a comprehensive self-assessment questionnaire that scores your health status, determines your health risks and offers recommendations to improve your health.

2

The interactive **Symptom Checker** enables you to evaluate various health symptoms by responding to a quick series of questions. You can get information on potential causes and possible treatments to discuss with your physician.

3

Through **My Health Guide**, you can read news, take health-related quizzes and manage your health using resources tailored to your health profile and interests.

4

Let the **Compare Hospitals** tool offer side-by-side comparisons of hospitals based on quality and cost for a specific diagnosis or procedure.

5

The **Improve My Health** section helps you get and stay healthy with customized, interactive improvement programs including online fitness, nutrition and smoking cessation.

6

**My Records** offers a confidential location to store and organize your health records.

7

Sign up to receive free, e-mail **newsletters** offering timely and objective information about health and medical developments that matter to you.

### And more!

*My Health Manager* is all about you. Just turn this page to learn more about what *My Health Manager* 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 *WebMD*<sup>®</sup>, offers the **reliable information and resources you need to better assess, understand and manage your health.**

Visit [www.HorizonBlue.com](http://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.**