



Resource/Service

Getting Started



Medical Plan Resources

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

Plan design info:

Visit rwjbhbenefitplans.com/medical-benefits

Find a doctor:

Visit horizonblue.com/rwjbarnabashealth or call Health Advocate at **877.233.9491**



Get Medications with Ease

- Retail and mail-order pharmacies

To get started:

Visit rwjbhbenefitplans.com/prescription-benefits

Long-term prescriptions – Amazon Pharmacy:

Call **855.549.1760** or visit amazon.com/horizonblue



Virtual Urgent Care

- **\$0 Copay!** Telemedicine visits through Virtual Urgent Care will have no out-of-pocket cost.
- Providers available in all 50 states

To get started:

Visit mychart.rwjbh.org/MyChart/Signup

For questions or assistance:

Call **1.833.764.3570**



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, confidential counseling for you and your family
- **AbleTo:** Personalized, virtual mental health care
- **Medical Plan:** All in-network behavioral health copays are waived for RWJBH medical plan enrollees

EAP: Call **800.300.0628**

AbleTo: Visit ableto.com/rwjbh

Horizon Behavioral Health: Call **800.626.2212** or visit: horizonblue.com/rwjbarnabashealth and click on **Behavioral Health**



Focus on Wellness

- Earn points to reduce your 2026 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.personifyhealth.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 rwjbh.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).