



HEALTHCARE OMBUDSPERSON PROGRAM

The Healthcare Ombudsman Program is a joint venture between CWA and the State of New Jersey to provide education and counseling to employees, to resolve employee issues effectively and efficiently, and to work collaboratively to create better healthcare outcomes.

STATE HEALTH BENEFITS PROGRAM

The State Health Benefits Plan offers medical, dental, and prescription drug coverage to qualified State workers and their eligible dependents.

- [Medical Plan Design Comparison Chart](#)
- [Horizon Premium Contribution Calculator](#)
- [Dental Plan Fact Sheet](#)
- [Dental Plan Cost Sheet](#)
- [OptumRx Prescription Drug List](#)

BENEFITSOLVER

Workers can enroll in, make changes to, or waive their health benefits through the Benefitsolver application.

- [Guide to Logging into Benefitsolver](#)
- [Register](#)

PLAN CONTACTS

Medical Plan

- [Horizon BCBSNJ](#): (800) 414-7427

Dental Plan

- [Aetna Dental Expense Plan](#): (877) 782-8365
- [Aetna DPO](#): (800) 843-3661
- [Cigna Dental Health](#): (800) 564-7642
- [Healthplex](#): (800) 468-0600
- [Horizon Dental Choice](#): (800) 433-6825
- [Metlife](#): (866) 880-2984

Prescription Drug Benefits

- [OptumRx](#): (844) 368-8740

DIRECT PRIMARY CARE

The New Jersey State Health Benefits Program (SHBP) offer employees and their covered dependents the opportunity to join a Direct Primary Care doctor's office at no additional cost. Simply choose a Direct Primary Care doctor from Everside Health or Sanitas Medical Centers and get unlimited access to personalized care with no copays, when and where it's convenient for you.

click logo to enroll



WELLNESS PROGRAMS AND RESOURCES

- **[NJ WELL](#)** – Provides inclusive and holistic experiences to meet members' needs through activities and educational programming to support healthy lifestyles. Obtain 800 points and earn a \$350 reward.
- **[MyChoice Find-a-Provider](#)** – Log in to your MyNJBenefitsHub.nj.gov.
- **[Grand Rounds by Included Health](#)** – Consult with and receive a second opinion from top doctors across the country with no out-of-pocket costs.
- **[Horizon Health Guides](#)** – Get the most from your benefits because your Horizon Health Guide knows your benefits inside and out – and they want to get to know you too!
- **[Horizon bFit](#)** – Earn a \$20 monthly reward towards the cost of a participating gym membership.
- **[Horizon Blue365 Discounts](#)** – Blue365® is a discount program administered by the Blue Cross Blue Shield Association that can help eligible members save on products and services for a well-balanced lifestyle.
- **[Hinge Health](#)** – Conquer back or joint pain from the comfort of your home!
- **[Horizon Maternity Program](#)** – If you become pregnant, Horizon will be with you and your obstetrician every step of the way, with comprehensive prenatal and maternity coverage.
- **[Livongo Diabetes/Hypertension Whole Person Program](#)** – Learn how to manage your diabetes, blood pressure, weight and mental health with a free, individualized program from Livongo that combines advanced technology and coaching.
- **[Vision Care Program](#)** – Receive a reimbursement for the cost of an eye examination and prescription lenses.
- **[Advanced Directives](#)** – The decisions that patients and families make regarding palliative and end-of-life care are critical to ensuring that medical treatment and individual quality-of-life wishes are properly carried out.
 - ▶ See also: [Conversation of Your Life](#) by New Jersey Health Care Quality Institute

TAX\$AVE PROGRAMS

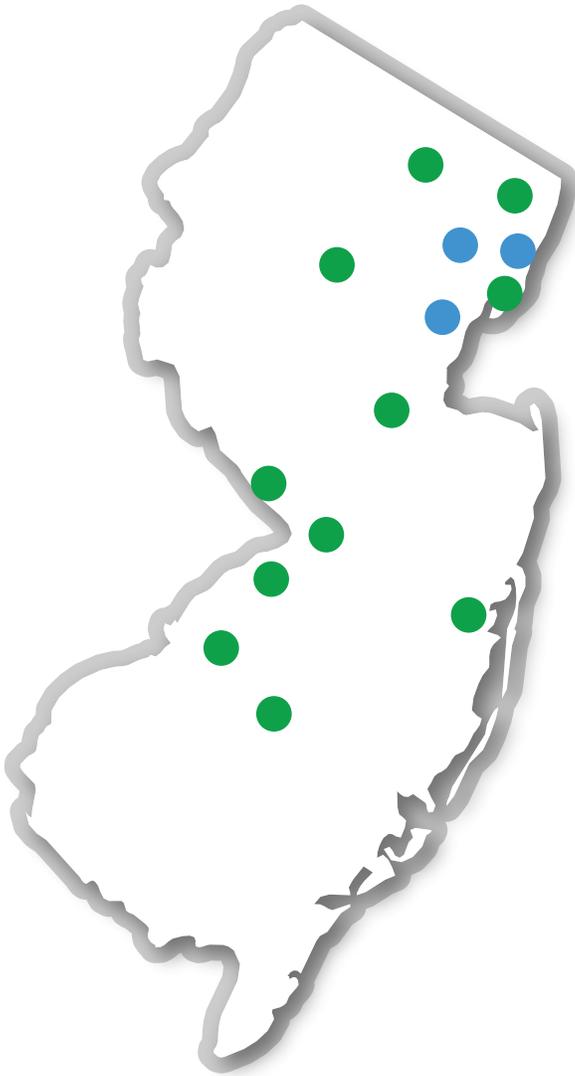
- **[Flexible Spending Account](#)**

For More Information contact your **CWA Local 1037 Healthcare Ombudsperson** or visit MyNJBenefitsHub.nj.gov





HEALTHCARE OMBUDSPERSON PROGRAM



DIRECT PRIMARY CARE

- zero membership fee and no copays
- same day or next day appointments
- little to no wait time to see the doctor
- call, text, and video chat with your doctor 24/7
- on-site blood work and basic medication dispensed for acute illnesses at no cost
- no need to change your current doctor

LOCATIONS



Cherry Hill | Clifton | Ewing | Fair Lawn
Hamilton | Jersey City | New Brunswick
Toms River* | Voorhees | West Orange
Willingboro

***COMING SOON!**



Belleville | Elizabeth | Union City



SCAN QR CODE TO ENROLL

Members must be enrolled in the CWA Unity DIRECT or OMNIA plan. For more information contact your CWA Local 1037 Healthcare Ombudsman or visit MyNJBenefitsHub.nj.gov.



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