



Live Well, Work Well

Employee Health Benefits Bulletin

December 2022

Bridgewater-Raritan Regional Schools

Timely Tip:

Money is one of the leading causes of holiday anxiety for Americans. Create and stick to a budget when shopping for gifts this holiday season. With planning, it is possible to find the perfect gift and stay within your budget.

Brought to you by
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Annual Winter Reminders

These year-end reminders can help you get the most from your plans and stay healthier through the winter.

Your Out-of-Pocket Costs

Remember that any deductibles/out-of-pocket maximums that may apply to your plans will renew on January 1, 2023. If you've been putting off any medical visits/services, there may be time to squeeze them in before the end of the year—make an appointment today!

Essential Primary Care

If you don't have a primary doctor you see regularly for routine care, now is the time to choose one. Primary care is meant to be your main point for health care services, addressing most of your health needs throughout your lifetime. Primary care incorporates several types of services, including preventive care screenings, acute care diagnosis and treatment, and chronic condition care.

Log into your Horizon BCBSNJ [online account](#) to search for a primary care physician near you.

Get Your Vaccines

If you still need the most recent COVID-19 booster or the 2022 flu vaccine, it's not too late. Vaccines are the most effective way to protect yourself; see below for guidance:

- [Horizon BCBSNJ Flu Shot Provider Search](#)
- [CDC COVID-19 Vaccine Provider Search](#)

Kick Off 2023 Healthy!

Managing your health and living an improved lifestyle are essential. Horizon BCBSNJ offers helpful tools: log into your

[account](#) to find wellness programs and more. Simplify your life with the [Horizon Blue app](#) or visit physicians online via [Horizon CareOnline](#). Plus check our *Benefits Online* website at *Human Resources / Health Benefits* often for news and updates.

Note: effective January 1, 2023, Amazon Pharmacy will replace AllianceRx Walgreens Pharmacy as the only home delivery option for Horizon BCBSNJ prescription plan members. See the attached, log into your Horizon BCBSNJ [online account](#), or visit amazon.com/horizonblue to learn more.

Horizon BCBSNJ NJEHP and GSP Update

The *NetResults Enhanced Drug Formulary* takes effect for NJEHP / GSP plans on January 1, 2023—watch for new ID cards in your home mail. See the attached postcard for details.

Be An Educated Health Care Consumer

Taking responsibility for your medical care choices is more important than ever. Asking questions and researching your options are good ways to start managing how much you spend and the quality of care you receive. Consider the following strategies to take control of your health care:

- Review your health insurance plan options carefully and choose the one that best fits your needs.
- Ask your doctor questions to better understand how his/her care and recommendations affect your health and plan costs.
- Make careful decisions about your prescription drugs, including use of home delivery whenever possible.
- Choose in-network providers when possible, as it is typically much less expensive than seeking out-of-network care. When you choose a plan, ensure you have access to your preferred doctors and hospitals.
- Review your bills to catch potentially costly mistakes. Errors can occur in medical billing codes and coverage.

Being a well-informed consumer is vital in today's health care landscape. When you feel confident about your health care decisions, you could potentially lower associated costs and receive a better level of care.



Healthy Recipe

Roast Turkey Breast

Ingredients

- 3** pounds turkey half-breast (with skin and bones)
- 1** large onion (quartered)
- 1** large carrot (quartered)
- 1** tsp. dried sage
- 1** tsp. dried thyme
- 1** tsp. rosemary
- 3** Tbsp. olive oil
- Salt and pepper (to taste)
- Chicken broth for basting (optional)

Preparation

1. Preheat oven to 400 F.
2. Place turkey breast in a roasting pan with onion and carrot.
3. Mix spices with olive oil. Rub turkey with olive oil mixture.
4. Roast turkey at 400 F for 15 minutes. Baste with chicken broth (optional).
5. Reduce temperature to 350 F and roast turkey, basting every 20 minutes with pan juices. Roast for 1 hour and 15 minutes or until a meat thermometer registers 165 F.
6. Place turkey on a carving board and let rest for 10 minutes; slice.

National Health Observances

December

Safe Toys and Gifts Month

Prevent Blindness America

preventblindness.org

January

National Birth Defects Prevention Month

National Birth Defects Prevention Network

nbdpn.org

Cervical Health Awareness Month

National Cervical Cancer Coalition

nccc-online.org

National Radon Action Month

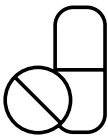
US Environmental Protection Agency

epa.gov

Introducing Amazon Pharmacy



A New Prescription Home Delivery Option



You and your covered dependents now have a new prescription home delivery option: Amazon Pharmacy. Amazon Pharmacy is fully accredited and can fill most brand name and generic medicines.¹

Amazon Pharmacy offers:

- Easy online sign-up
- An Amazon shopping experience with free shipping
- 24/7/365 access to a pharmacist
- Clear pricing to help you save time and money
- The ability to import your medication history, and manage your orders

When you shop Amazon Pharmacy, you will also have access to the MedsYourWay™² discount card pricing, administered by Inside Rx. You will see the lowest available price – either your member copay, or the MedsYourWay discount price.³

Sign Up for Amazon Pharmacy Today!

Set up your Amazon Pharmacy account at amazon.com/horizonblue and choose *Get Started*. You'll need your member ID, RxBIN and RxPCN numbers, which are listed on your member ID card.

To fill a current prescription through Amazon Pharmacy, select the medicines you would like to fill.¹ Amazon Pharmacy will contact your prescriber for a prescription, and let you know when your order is ready for check out and delivery. Amazon Pharmacy offers two-day shipping for Amazon Prime members; five-day shipping without Amazon Prime (standard).

For new prescriptions¹ let your doctor know to send them to Amazon Pharmacy by:

E-SCRIBE: Amazon Pharmacy 001

FAX: **1-512-884-5981**

PHONE: **1-855-206-3605**, then press 1

MAIL: **4500 S Pleasant Valley Rd, Suite 201
Austin, TX 78744**



Have questions or need help? Please call Amazon Pharmacy Customer Care at **1-855-549-1760**. Representatives are available weekdays from 8 a.m. to 10 p.m., Eastern time (ET), and weekends from 10 a.m. to 8 p.m., ET.

HorizonBlue.com

¹ Amazon Pharmacy does not dispense Schedule II controlled substance drugs.

² MedsYourWay drug discount card, administered by Inside Rx LLC, is not insurance. You are responsible for the cost of the prescription(s) when using the card. Limitations apply.

³ Purchases of eligible and covered medicines automatically count toward your out-of-pocket maximum whether you choose your insurance or MedsYourWay pricing.

Amazon Pharmacy is contracted by Horizon Blue Cross Blue Shield of New Jersey to provide pharmacy home delivery services to Horizon Blue Cross Blue Shield of New Jersey members. Amazon Pharmacy and Inside Rx LLC are independent from and not affiliated with Horizon Blue Cross Blue Shield of New Jersey.

Horizon Blue Cross Blue Shield of New Jersey complies with applicable Federal civil rights laws and does not discriminate against nor does it exclude people or treat them differently on the basis of race, color, gender, national origin, age, disability, pregnancy, gender identity, sex, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.

Spanish (Español): Para ayuda en español, llame al **1-855-477-AZUL (2985)** (TTY 711). Chinese (中文): 如需中文協助, 請致電 **1-800-355-BLUE (2583)** (TTY 711).

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New Jersey Educators Health Plan (NJEHP) and Garden State Plan (GSP) Prescription Update

Applies to employees enrolled in Horizon BCBSNJ NJEHP or GSP plans effective January 1, 2023

Horizon BCBSNJ is introducing the *NetResults Enhanced Drug Formulary* for the **NJEHP and GSP** plans effective January 1, 2023. Check coverage for your prescriptions with these easy steps:

- Click myprime.com and log into your MyPrime online account
- *Add a medicine:* type in your prescribed drug and *Submit*

Note: watch for new ID cards from Horizon BCBSNJ in your home mail showing a new prescription Group Number; be sure to show this new ID card when seeking services after January 1, 2023.

Questions about the formulary? Contact Prime Therapeutics at (800) 370-5088

Benefit questions? Contact Integrity Consulting Group at (888) 737-4313 / customerservice@integritycg.com