



At Horizon NJ Health, we want to help keep the people of our state healthy and well. Our health representatives – we call them “Team NJ” – participate in more than 1,000 community health events throughout New Jersey every year. Team NJ offers fun and educational no-cost programs and services to all New Jersey residents.

Care-A-Van

Our Care-A-Vans are like health centers on wheels. These vans have nurses and health educators who speak many languages. They can teach about healthy topics and give medical screenings. Some things we offer in the Care-A-Van are:

- **Health screenings** – Nurses give blood pressure, cholesterol and glucose screenings. They also check members’ skin for damage from the sun, using a skin analysis machine.
- **Nutrition and exercise** – The Care-A-Vans have meeting areas to teach people about being healthy, either one-on-one or in small groups.
- **Horizon NJ Health information** – Learn more about Horizon NJ Health and find out how to enroll.

Health education

Horizon NJ Health’s health educators are available to teach you about getting and staying healthy. Horizon NJ Health holds workshops, programs and presentations at different events and locations in the community. Topics include asthma, diabetes, nutrition, child obesity, cancer screenings and prevention, dental health, lead poisoning prevention and more.

Meet “NJ”

“NJ” is Horizon NJ Health’s mascot. This loveable pup shares health messages with children in a fun, unique way, such as why exercise and a healthy diet are important.

Dancing for Your Health™

Our Dancing for Your Health program is nationally known for showing people of all ages how to use dance as an easy, fun and no-cost way to exercise. Team NJ will show you how to do many popular dances.

Horizon *Healthy Journey*

Horizon NJ Health understands that it may be difficult to remember all of the health care recommendations and appointments for you and your family. The *Horizon Healthy Journey* program is designed to keep you on track with reminders and educational materials relevant to your health care needs. We will contact you by phone with both live and automated calls. You will also receive materials by mail. Horizon NJ Health will work with your doctors to make sure they are aware of the recommended services for you and your family.



Smoking cessation

Being smoke-free is one of the best things you can do to improve your health. By quitting smoking, you can improve your lung function and circulation. You can also reduce your chance of developing certain cancers and heart disease, among many other benefits. It may help you add years to your life.

New Jersey has several support options to help you quit smoking:

- **NJ Quitline:** Design a program that fits your needs and get support from counselors. Call toll free **1-866-NJ-STOPS (1-866-657-8677)** (TTY **711**), Monday through Friday, from 8 a.m. to 8 p.m. (except holidays) and Saturday, from 11 a.m. to 5 p.m., ET. The program supports 26 different languages. Learn more at **njquitline.org**.
- **NJ QuitNet:** Free peer support and trained counselors, available 24 hours a day, seven days a week at **quitnet.com**.
- **NJ Quitcenters:** Receive professional face-to-face counseling in individual or group sessions. Locate a center by calling **1-866-657-8677** (TTY **711**) or visit **quitnet.com**.

The medicines listed below are available to Horizon NJ Health members and can help you quit smoking. Ask your doctor if any of these are right for you:

- Bupropion (Zyban)
- Nicotine transdermal patches (Nicoderm)
- Nicotine polacrilex gum (Nicorette)
- Nicotine polacrilex lozenge (Commit)