



## Unlock your health benefits with tools on [amerihealthexpress.com](http://amerihealthexpress.com)

Find a doctor or hospital, view claims and benefits, and help manage your health through your personalized health care destination.

With [amerihealthexpress.com](http://amerihealthexpress.com), you have quick and secure access to information you need to make smarter health care decisions, anytime and anywhere. Easily navigate to tools that help you manage your benefits and take control of your health, and get the most from your health plan. For example, you can monitor the status of your claims on the Claims & Spending tab, or review your coverage details in the Benefits area. Other features you'll enjoy include:

### Find a Doctor

You can quickly search for medical, pharmacy, vision, and dental providers from one easy-to-use tool. Find a Doctor also features a new Google-like search bar that allows you to perform keyword searches.

### Ask AmeriHealth New Jersey

There's a lot to explore, so if you need a little direction, our new virtual assistant will help you find what you need, and fast! Just start typing your question — like "How do I change my doctor?" — and Ask AmeriHealth New Jersey will provide you with the answer, as well as suggested links for more information.

### My Care

Manage your family's care by selecting My Care, which provides access to your doctor's information, referrals, and the Symptom Checker.

### My Alerts

Keep tabs on recent activity on your account in your personal My Alerts area.

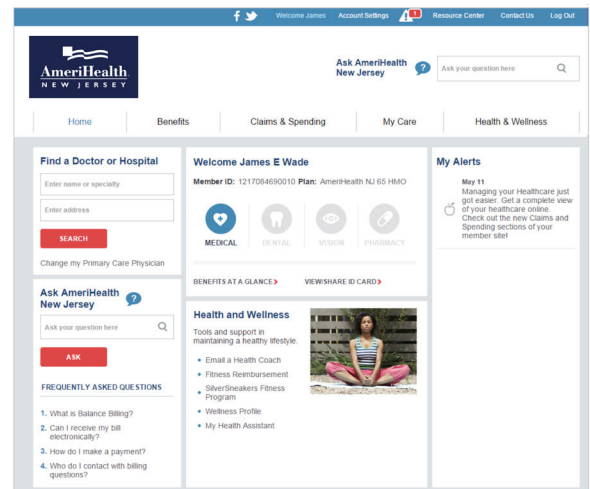
Here you can also check on the status of referrals, claims, and reminders to pay your bill.

### Account Settings

Expanded account settings enable you to manage access to your claims information and specify communication preferences.

On [amerihealthexpress.com](http://amerihealthexpress.com) you can also:

- Change your PCP
- Learn about discounts and reimbursements
- Pay your bill
- Change contact information
- Specify communication preferences



## Unlock your health benefits with tools on [amerihealthexpress.com](https://amerihealthexpress.com)

### Personal Health Record

Manage, track, and plan for future care with the Personal Health Record. This digital diary is automatically updated each time your provider submits a claim for things like office visits, surgeries, tests, immunizations, and certain lab results — like those cholesterol levels you have a hard time remembering. You can update your Personal Health Record with additional information, such as over-the-counter medications you take, and set up reminders for annual doctor's appointments and tests.

### Wellness Profile

Get yourself on the road to good health — or make sure you stay on it — with the Wellness Profile. Complete yours to get an immediate assessment of your health and a personalized action plan.

### Log on or register at [amerihealthexpress.com](https://amerihealthexpress.com)

**Current users** – Log on with your current username and password.

**New users** – Click Register Now and use the information on your member ID card to complete your registration.

---

### Stay in the know

Sign up for AmeriHealth New Jersey Wire™ to receive news about health coverage, helpful tips on staying well, and reminders about important screenings via text message.

To register, text **MyAHNJ to 73529**.

---

Please have your member ID card ready when you text to sign up. Standard message and data rates may apply. Text STOP to stop and HELP for help. Terms and conditions available at [myhelpsite.net/amerihealth](https://myhelpsite.net/amerihealth). Notification messages within AmeriHealth New Jersey Wire are sent via automated SMS. Enrollment in AmeriHealth New Jersey Wire is not a requirement to purchase goods and services from AmeriHealth New Jersey. Wire is a trademark of Relay Network, LLC.

### Language Assistance Services

**Spanish:** ATENCIÓN: Si habla español, cuenta con servicios de asistencia en idiomas disponibles de forma gratuita para usted. Llame al 1-800-275-2583 (TTY: 711).

**Chinese:** 注意: 如果您讲中文, 您可以得到免费的语言协助服务。致电 1-800-275-2583。

**Korean:** 안내사항: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-275-2583 번으로 전화하십시오.

**Portuguese:** ATENÇÃO: se você fala português, encontram-se disponíveis serviços gratuitos de assistência ao idioma. Ligue para 1-800-275-2583.

**Gujarati:** સૂચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. 1-800-275-2583 કોલ કરો.

**Vietnamese:** LƯU Ý: Nếu bạn nói tiếng Việt, chúng tôi sẽ cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí cho bạn. Hãy gọi 1-800-275-2583.

**Russian:** ВНИМАНИЕ: Если вы говорите по-русски, то можете бесплатно воспользоваться услугами перевода. Тел.: 1-800-275-2583.

**Polish:** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-275-2583.

**Italian:** ATTENZIONE: Se lei parla italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-800-275-2583.

**Arabic:** ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية متاحة لك بالمجان. اتصل برقم 1-800-275-2583.

**French Creole:** ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-275-2583.

**Tagalog:** PAUNAWA: Kung nagsasalita ka ng Tagalog, magagamit mo ang mga serbisyo na tulong sa wika nang walang bayad. Tumawag sa 1-800-275-2583.

**French:** ATTENTION: Si vous parlez français, des services d'aide linguistique-vous sont proposés gratuitement. Appelez le 1-800-275-2583.

**Pennsylvania Dutch:** BASS UFF: Wann du Pennsylvania Deutsch schwetzsch, kannscht du Hilf griege in dei eegni Schprooch unni as es dich ennich epes koschte zellt. Ruf die Nummer 1-800-275-2583.

**Hindi:** ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। कॉल करें 1-800-275-2583।

**German:** ACHTUNG: Wenn Sie Deutsch sprechen, können Sie kostenlos sprachliche Unterstützung anfordern. Wählen Sie 1-800-275-2583.

**Japanese:** 備考: 母国語が日本語の方は、言語アシスタンスサービス(無料)をご利用いただけます。1-800-275-2583へお電話ください。

### Persian (Farsi):

توجه: اگر فارسی صحبت می کنید، خدمات ترجمه به صورت رایگان برای شما فراهم می باشد. با شماره 1-800-275-2583 تماس بگیرید.

**Navajo:** Díí baa akó nínízin: Díí saad bee yánífti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh. Hódíílnih kojí' 1-800-275-2583.

### Urdu:

توجه درکار ہے: اگر آپ اردو زبان بولتے ہیں، تو آپ کے لئے مفت میں زبان معاون خدمات دستیاب ہیں۔ کال کریں 1-800-275-2583.

**Mon-Khmer, Cambodian:** សូមមេត្តាចាប់អារម្មណ៍: ប្រសិនបើអ្នកនិយាយភាសាមន-ខ្មែរ ឬភាសាខ្មែរ នោះ ជំនួយផ្នែកភាសានឹងមានផ្តល់ជូនដល់លោកអ្នកដោយឥតគិតថ្លៃ។ ទូរសព្ទទៅលេខ 1-800-275-2583។

(OVER)

## Language Taglines and Nondiscrimination Notice

### Discrimination is Against the Law

This Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. This Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

This Plan provides:

- Free aids and services to people with disabilities to communicate effectively with us, such as: qualified sign language interpreters, and written information in other formats (large print, audio, accessible electronic formats, other formats).
- Free language services to people whose primary language is not English, such as: qualified interpreters and information written in other languages.

If you need these services, contact our Civil Rights Coordinator. If you believe that This Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with our Civil Rights Coordinator. You can file a grievance in the following ways: In person or by mail: ATTN: Civil Rights Coordinator, 1901 Market Street, Philadelphia, PA 19103, By phone: 1-888-377-3933 (TTY: 711) By fax: 215-761-0245, By email: [civilrightscoordinator@1901market.com](mailto:civilrightscoordinator@1901market.com). If you need help filing a grievance, our Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.