

To access the telemedicine services, login to [Horizon BCBSNJ](#). After you sign in on the web, you may navigate to the “**Doctors & Care**” tab and select the “**Telemedicine**” drop down option. Next, click on the button for **Horizon CareOnline**. This will bring you to a menu where you may select the type of appointment that you are searching for, for yourself or any dependents enrolled on your plan. The available care options are Medical, Therapy, or Psychiatry.

You may also access telemedicine services through the **Horizon Blue app**. See below for download instructions.

### Download the Horizon Blue app for FREE<sup>1</sup>

Our app makes it easier to access the full power of your health plan.



Scan the code with your phone's camera to download the app. Minimum requirement: Android 9 Pie or iOS 11

**Care from home at no cost** - When you use telemedicine through [Horizon BCBSNJ](#) or your in-network doctor, you will not pay anything out of pocket for covered services for at least 90 days after the end of the public health emergency and State of Emergency as declared by Governor Murphy. This means you will not pay for covered routine care, therapy or mental health care when you get these services from in-network doctors and specialists through telemedicine.