

STATE HEALTH BENEFITS PROGRAM

# PLAN COMPARISON SUMMARY

## FOR STATE EMPLOYEES

EFFECTIVE APRIL 1, 2008

(March 29, 2008 for State biweekly employees)

**T**he State Health Benefits Program *Plan Comparison Summary* provides a way for employees to compare the benefits of the medical plans offered by the State Health Benefits Program (SHBP). If you are new to the SHBP, or a SHBP member who is considering a different medical plan, the *Plan Comparison Summary* is a useful resource for selecting a plan. For members who want to know more about their current plan, the *Plan Comparison Summary* is a quick reference to the services offered.

The following section summarizes SHBP plan designs and general policies of the SHBP. Inside, the comparison chart summarizes the benefits each plan provides for specified services.

### SHBP MEDICAL PLANS

The SHBP offers State employees the choice of a Preferred Provider Organization, **NJ DIRECT15** (administered for the SHBP by Horizon Blue Cross Blue Shield of New Jersey), and two HMO plans — **Aetna HMO** and **CIGNA HealthCare**.

All SHBP medical plans are managed care plans, meaning that they provide coverage for preventive care such as annual checkups and screening tests, well-baby visits, and immunizations, in the hope of avoiding serious illness and more costly treatment.

**NJ DIRECT15** provides both *in-network* and *out-of-network* medical care. Under NJ DIRECT15, members may see any physician, nationwide, and do not need to select a Primary Care Physician (PCP) for in-network care.

In-network care is provided through a network of providers that includes internists, general practitioners, specialists, pediatricians, and hospitals.

No referrals are needed for visits to a specialist. If the physician participates in the Horizon BCBSNJ Managed Care Network, the member only pays the appropriate copayment<sup>1</sup>. Members living outside of New Jersey can utilize physicians participating in the national Blue Cross Blue Shield Network. In-network hospital admissions are also covered in full<sup>2</sup>.

If the physician *does not* participate in the Horizon BCBSNJ Managed Care Network or the national network, the services will be considered *out-of-network*. Contact your doctor to see if he or she participates in the Horizon BCBSNJ Managed Care or national network. To find current participating physicians in New Jersey, use the SHBP Unified Provider Directory. To find a participating physician outside of New Jersey, contact Horizon BCBSNJ directly. Plan telephone numbers and Web site addresses are listed on the enclosed comparison chart.

Out-of-network benefits provide reimbursement for eligible services rendered for the treatment of illness and injury. Most out-of-network care is reimbursed at a percentage of “reasonable and customary” allowances after a member’s annual deductible is met. Out-of-network hospital admissions are subject to a separate deductible.

NJ DIRECT15 includes annual maximum out-of-pocket amounts. This means that when a member’s, or family’s, out-of-pocket maximum is reached, covered benefits are paid at 100 percent of the allowance through the remainder of the calendar year<sup>2</sup>.

There is no coordination of benefits between NJ DIRECT10 and NJ DIRECT15.

**Aetna HMO** and **CIGNA HealthCare** have expanded networks that provide services nationwide. When you

*(continued inside)*

<sup>1</sup> Certain in-network covered benefits require 10% member coinsurance.

<sup>2</sup> Certain services may require pre-certification from Horizon BCBSNJ. Services that require a pre-certification, but are not pre-certified, will be paid at out-of-network benefit levels and will not count towards out-of-pocket maximums.

enroll in an HMO you must select a Primary Care Physician (PCP) from a group of participating providers contracted by the HMO.

All services, except emergencies and as indicated on the enclosed comparison chart, are coordinated through your PCP. If you require the care of a specialist, your PCP will refer you to a specialist who participates in the HMO network. Electronic referrals are used by the HMOs and, therefore, no paperwork is required. Specialist services rendered without a valid referral, or by a provider who does not participate in the HMO (except for emergencies), will not be paid by the HMO.

HMOs have no deductibles or claim forms to file, however, you are required to pay a copayment for visits to your PCP or a referred specialist. There are no out-of-network benefits, or out-of-pocket maximum amounts under an HMO plan.

If you are considering an HMO, contact your doctor's office to see if they participate in the HMO you have selected. To find current participating physicians in New Jersey, use the SHBP Unified Provider Directory. To find a participating physician outside of New Jersey, contact the HMO directly. Plan telephone numbers and Web site addresses are listed on the enclosed comparison chart.

### DEFINITIONS

A **copayment** is the fee paid by the member to the in-network physician at the time covered services are rendered.

**Coinsurance** is the portion of the eligible charge that is the member's responsibility for out-of-network and some in-network services (durable medical equipment and ambulance). When utilizing out-of-network providers, charges above the "reasonable and customary" allowance are the member's responsibility but are not considered "coinsurance" for the purposes of out-of-pocket maximums.

**Pre-certification** requires that the member (or the treating physician/facility) receive prior authorization from the medical plan to determine medical necessity before certain services are provided. Some examples of services that require pre-certification are inpatient admissions, reconstructive procedures, durable medical equipment purchases, specialty pharmaceuticals, hospice, and home health care. A detailed list is available from your medical plan.

### DUAL HMO ENROLLMENT IS PROHIBITED

State statute specifically prohibits two employees/retirees who are both enrolled in the SHBP and who are married to each other, civil union partners, or eligible domestic partners from enrolling under both of the SHBP's HMO plans. One member may belong to an HMO as an employee or as a dependent but not as both.

For example, if two members are married to each other, each may enroll for single coverage under either of the HMOs, or one member can enroll the other as a dependent under an HMO if the other person enrolls in NJ DIRECT15.

Furthermore, two SHBP members cannot both cover the same children as dependents under both of the SHBP HMO plans.

In cases of divorce, dissolution of a civil union or domestic partnership, or single parent coverage of dependents, there is no coordination of benefits under two HMO plans.

### AUDIT OF DEPENDENT COVERAGE

Periodically, the SHBP performs an audit using a random sample of members to determine if dependents are eligible under plan provisions. Proof of dependency such as a marriage, civil union, or birth certificate is required. Coverage for ineligible dependents will be terminated. Failure to respond to the audit will result in the termination of dependents from SHBP coverage and may include financial restitution for claims paid.

### HEALTH CARE FRAUD

Health care fraud is an intentional deception or misrepresentation that results in an unauthorized benefit to a member or to some other person. Any individual who willfully and knowingly engages in an activity intended to defraud the New Jersey State Health Benefits Program will face disciplinary action that could include termination of employment and may result in prosecution. Any member who receives monies fraudulently from a health plan will be required to fully reimburse the plan.

### MORE INFORMATION

For more information about eligibility and enrollment in the SHBP, see the *NJ DIRECT* or *HMO Member Handbooks* — available from the Division of Pensions and Benefits, or over the Internet at:

[www.state.nj.us/treasury/pensions/shbp.htm](http://www.state.nj.us/treasury/pensions/shbp.htm)

# NEW JERSEY STATE HEALTH BENEFITS PROGRAM

## COMPARISON CHART

### FOR STATE EMPLOYEES

PLAN NAME TELEPHONE NUMBER and WEB SITE	#005 - AETNA HMO 1-877-STATE NJ (1-877-782-8365) <a href="http://www.aetna.com/statenj">www.aetna.com/statenj</a>	#006 - CIGNA HEALTHCARE 1-800-564-7642 <a href="http://www.cigna.com/health">www.cigna.com/health</a>	#150 - NJ DIRECT15 1-800-414-SHBP (1-800-414-7427) <a href="http://www.horizonblue.com/shbp">www.horizonblue.com/shbp</a>	
			IN-NETWORK	OUT-OF-NETWORK <sup>1</sup>
SERVICE AREAS	Nationwide	Nationwide	Nationwide	Nationwide
PRIMARY AND PREVENTIVE CARE				
PHYSICIAN (OFFICE VISITS)	100% after \$15 copayment per visit	100% after \$15 copayment per visit	100% after \$15 copayment per visit	70% after deductible; no coverage for wellness care
ANNUAL ROUTINE PHYSICAL EXAMS	100% after \$15 copayment per visit	100% after \$15 copayment per visit	100% after \$15 copayment per visit	Not covered
ROUTINE CHILD AND WELL-BABY CARE	100% after \$15 copayment per visit	100% after \$15 copayment per visit	100% after \$15 copayment per visit	Not covered
IMMUNIZATIONS (EXCEPT FOR TRAVEL AND/OR JOB RELATED)	100% after \$15 copayment per visit	100% after \$15 copayment per visit	100% after \$15 copayment per visit	Not covered except for children under 12 months, 70% after deductible
ANNUAL ROUTINE GYNECOLOGICAL EXAMS	100% after \$15 copayment per visit (no referral needed if using network provider)	100% after \$15 copayment per visit (no referral needed if using network provider)	100% after \$15 copayment per visit	70% after deductible
ANNUAL ROUTINE MAMMOGRAM (ONE ANNUAL MAMMOGRAM FOR WOMEN AGE 40 AND OVER)	100% after \$15 copayment per visit (no referral needed if using network provider)	100%	100% after \$15 copayment per visit	70% after deductible
PROSTATE SCREENING (ONE ANNUAL PROSTATE SCREENING FOR MEN AGE 40 AND OVER)	100% after \$15 copayment per visit	100% after \$15 copayment per visit	100% after \$15 copayment per visit	Not covered
ANNUAL ROUTINE EYE EXAMINATIONS	100% after \$15 copayment per visit (no referral needed if using network provider)	100% after \$15 copayment per visit (no referral needed if using network provider)	100% after \$15 copayment per visit	Not covered
HEARING AIDS	Not covered	Not covered	Not covered	Not covered

<sup>1</sup> NJ DIRECT15 out-of-network benefits, excluding hospital expenses, are based on the Horizon BCBSNJ discounted provider network allowance or the “reasonable and customary” fee schedule based at the 90th percentile.

PLAN NAME TELEPHONE NUMBER and WEB SITE	#005 - AETNA HMO 1-877-STATE NJ (1-877-782-8365) www.aetna.com/statenj	#006 - CIGNA HEALTHCARE 1-800-564-7642 www.cigna.com/health	#150 - NJ DIRECT15 1-800-414-SHBP (1-800-414-7427) www.horizonblue.com/shbp	
			IN-NETWORK	OUT-OF-NETWORK <sup>1</sup>
<b>SPECIALTY AND OUTPATIENT CARE</b>				
<b>SPECIALIST OFFICE VISITS</b>	100% after \$15 copayment per visit; PCP referral required	100% after \$15 copayment per visit; PCP referral required	100% after \$15 copayment per visit	70% after deductible; no coverage for wellness care
<b>ALLERGY TESTING</b>	100% after \$15 copayment per visit	100% after \$15 copayment per visit	100% after \$15 copayment per visit	70% after deductible
<b>ALLERGY TREATMENT ROUTINE INJECTIONS</b>	100% after \$15 copayment per visit	100% after \$15 copayment per visit	100% after \$15 copayment per visit	70% after deductible
<b>PRENATAL CARE/ MATERNITY CARE</b>	\$15 copayment for first prenatal office visit then 100% covered. Beginning Right Maternity Program - a voluntary prenatal education program	\$15 copayment for first prenatal office visit then 100% covered. Healthy Babies - a voluntary prenatal education program	\$15 copayment for first prenatal office visit then 100% covered. Precious Additions - a voluntary prenatal education program	70% after deductible
<b>INFERTILITY SERVICES (MUST BE PRE-CERTIFIED)</b>	Diagnosis covered after \$15 copayment; treatment covered with limitations after \$15 copayment	Diagnosis covered after \$15 copayment; treatment covered with limitations after \$15 copayment	Diagnosis covered after \$15 copayment; treatment covered with limitations after \$15 copayment	Diagnosis covered at 70% after deductible; treatment covered with limitations at 70% after deductible
<b>OUTPATIENT FACILITY VISITS</b>				
<b>CHEMOTHERAPY</b>	100% after \$15 copayment per visit	100% after \$15 copayment per visit	100% after \$15 copayment per visit	70% after deductible
<b>RADIATION THERAPY</b>	100% after \$15 copayment per visit	100% after \$15 copayment per visit	100% after \$15 copayment per visit	70% after deductible
<b>INFUSION THERAPY</b>	100% after \$15 copayment per visit	100% after \$15 copayment per visit	100% after \$15 copayment per visit	70% after deductible
<b>X-RAYS AND LAB TESTS (OUTPATIENT)</b>	100%; no copayment	100%; no copayment	100%; no copayment	70% after deductible
<b>OUTPATIENT REHABILITATION (OTHER THAN PHYSICAL THERAPY, OCCUPATIONAL THERAPY, SPEECH THERAPY AND CARDIAC REHABILITATION)</b>	100%; no copayment; limit of 60 visits per calendar year	100%; no copayment; limit of 60 visits per calendar year	100%; no copayment; limit of 60 visits per calendar year	70% after deductible

<sup>1</sup> NJ DIRECT15 out-of-network benefits, excluding hospital expenses, are based on the Horizon BCBSNJ discounted provider network allowance or the “reasonable and customary” fee schedule based at the 90th percentile.

PLAN NAME TELEPHONE NUMBER and WEB SITE	#005 - AETNA HMO 1-877-STATE NJ (1-877-782-8365) www.aetna.com/statenj	#006 - CIGNA HEALTHCARE 1-800-564-7642 www.cigna.com/health	#150 - NJ DIRECT15 1-800-414-SHBP (1-800-414-7427) www.horizonblue.com/shbp	
			IN-NETWORK	OUT-OF-NETWORK <sup>1</sup>
<b>SPECIALTY AND OUTPATIENT CARE</b>				
<b>OUTPATIENT THERAPY (SPEECH,<sup>2</sup> OCCUPATIONAL, PHYSICAL)</b>	100%; after \$15 copayment per visit; limit of 60 visits per condition per calendar year	100%; after \$15 copayment per visit; limit of 60 visits per condition per calendar year	100%; after \$15 copayment per visit; limit of 60 visits per condition per calendar year	70% after deductible
<b>OUTPATIENT CARDIAC REHABILITATION THERAPY</b>	100% after \$15 copayment per visit	100% after \$15 copayment per visit	100% after \$15 copayment per visit	70% after deductible
<b>CHIROPRACTIC CARE</b>	100%; after \$15 copayment per visit; limit of 20 visits per calendar year; PCP referral required	100%; after \$15 copayment per visit; limit of 20 visits per calendar year	100% after \$15 copayment per visit; limit of 30 visits per calendar year combined in-network and out-of-network	70% after deductible for up to 30 visits per calendar year combined in-network and out-of-network
<b>HOME HEALTH CARE</b>	Services and supplies covered at 100% with pre-approval; prior inpatient hospital stay not required; nursing home care or custodial care not covered	Services and supplies covered at 100% with pre-approval; prior inpatient hospital stay not required; nursing home care or custodial care not covered	Services and supplies covered at 100% with pre-approval; prior inpatient hospital stay not required; nursing home care or custodial care not covered	Services and supplies covered at 70% after deductible with pre-approval; prior inpatient hospital stay not required; nursing home care or custodial care not covered
<b>HOSPICE CARE (OUTPATIENT)</b>	100%; no copayment	100%; no copayment	100%; no copayment	70% after deductible
<b>DURABLE MEDICAL EQUIPMENT (DME)</b>	\$100 deductible; then 100% for rest of calendar year	\$100 deductible; then 100% for rest of calendar year	90%; no copayment	70% after deductible
<b>PROSTHETIC DEVICES (MUST BE APPROVED IN ADVANCE)</b>	\$100 deductible; then 100% for rest of calendar year; combined deductible with Durable Medical Equipment	\$100 deductible; then 100% for rest of calendar year; combined deductible with Durable Medical Equipment	90%; no copayment	70% after deductible
<b>INPATIENT SERVICES</b>				
<b>HOSPITAL (ROOM AND BOARD AND OTHER INPATIENT SERVICES)</b>	100%; no copayment	100%; no copayment	100%; no copayment	70% after separate \$200 deductible per hospital stay
<b>SKILLED NURSING FACILITIES</b>	100%; no copayment; for up to 120 days per calendar year	100%; no copayment; for up to 120 days per calendar year	100%; no copayment; for up to 120 days per calendar year; combined in-network and out-of-network	70% after deductible; for up to 60 days per calendar year; combined in-network and out-of-network
<b>HOSPICE FACILITY</b>	100%; no copayment	100%; no copayment	100%; no copayment	70% after deductible
<b>INPATIENT VISITS</b>	100%; no copayment	100%; no copayment	100%; no copayment	70% after deductible

<sup>1</sup> NJ DIRECT15 out-of-network benefits, excluding hospital expenses, are based on the Horizon BCBSNJ discounted provider network allowance or the "reasonable and customary" fee schedule based at the 90th percentile.

<sup>2</sup> Speech therapy limited to: restoration after a loss or impairment of a demonstrated previous ability to speak; develop or improve speech after surgical correction of a birth defect.



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			IN-NETWORK	OUT-OF-NETWORK <sup>1</sup>
<b>SURGERY AND ANESTHESIA</b>				
<b>INPATIENT SURGERY</b>	100%; no copayment	100%; no copayment	100%; no copayment	70% after deductible
<b>OUTPATIENT SURGERY</b>	100%; no copayment	100%; no copayment	100%; no copayment	70% after deductible
<b>MENTAL HEALTH</b>				
<b>INPATIENT TREATMENT<sup>3</sup></b>	100%; no copayment; up to 35 days per calendar year	100%; no copayment; up to 35 days per calendar year	100%; no copayment; up to 25 days per calendar year; balance at 90% up to annual and/or lifetime maximums	50 days per calendar year at 50% after deductible up to annual and/or lifetime maximums
<b>OUTPATIENT TREATMENT<sup>3</sup></b>	100% after \$15 copayment per visit; up to 30 visits per calendar year	100% after \$15 copayment per visit; up to 30 visits per calendar year	90% up to annual and/or lifetime maximums	70% after deductible up to annual and/or lifetime maximums
<b>ALCOHOL AND DRUG ABUSE</b>				
<b>INPATIENT TREATMENT</b>	100%; no copayment; up to 28 days per occurrence per calendar year	100%; no copayment; up to 28 days per occurrence per calendar year	Same as any other illness	Same as any other illness
<b>INPATIENT DETOXIFICATION</b>	100%; no copayment	100%; no copayment	Same as any other illness	Same as any other illness
<b>OUTPATIENT TREATMENT</b>	100%; no copayment; up to 60 visits per calendar year	100%; no copayment; up to 60 visits per calendar year	100%; no copayment; no visit limit	70% after deductible
<b>INPATIENT REHABILITATION</b>	100%; no copayment; up to 28 days per occurrence per calendar year	100%; no copayment; up to 28 days per occurrence per calendar year	Same as any other illness	Same as any other illness
<b>OUTPATIENT DETOXIFICATION</b>	100%; no copayment	100%; no copayment	Same as any other illness	Same as any other illness

<sup>1</sup> NJ DIRECT15 out-of-network benefits, excluding hospital expenses, are based on the Horizon BCBSNJ discounted provider network allowance or the “reasonable and customary” fee schedule based at the 90th percentile.

<sup>3</sup> Biologically-based mental health conditions are treated like any other illness and not subject to annual or lifetime mental health dollar maximums or separate mental health visit limits.

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			IN-NETWORK	OUT-OF-NETWORK <sup>1</sup>
EMERGENCY CARE				
HOSPITAL EMERGENCY ROOM (COPAYMENT WAIVED IF ADMITTED)	100% after \$50 copayment	100% after \$50 copayment	100% after \$50 copayment	100% after \$50 copayment
AMBULANCE (FOR EMERGENCY TRANSPORTATION ONLY)	100%; no copayment	100%; no copayment	90%; no copayment	70% after deductible
VOLUNTARY PROGRAMS				
DISEASE MANAGEMENT PROGRAMS <sup>4</sup>	Asthma, Chronic Heart Failure, Chronic Hepatitis, Chronic Kidney Disease, Chronic Obstructive Pulmonary Disease, Chron's Disease, Coronary Artery Disease, Diabetes, Gastro Esophageal Reflux, Inflammatory Bowel Disease, Low Back Pain, and Weight Management	Well Aware Program monitored by PCP for chronic conditions like Asthma, Chronic Obstructive Pulmonary Disease, Diabetes, Heart Failure, Hepatitis C, and Low Back Pain	Asthma, Chronic Kidney Disease, Chronic Obstructive Pulmonary Disease, Coronary Artery Disease, Diabetes, Heart Failure, Hepatitis C, Obesity, and Multiple Sclerosis	Asthma, Chronic Kidney Disease, Chronic Obstructive Pulmonary Disease, Coronary Artery Disease, Diabetes, Heart Failure, Hepatitis C, Obesity, and Multiple Sclerosis
PLAN DEDUCTIBLES, OUT-OF-POCKET MAXIMUMS, AND ANNUAL/LIFETIME BENEFIT MAXIMUMS				
DEDUCTIBLES (INDIVIDUAL)	None	None	None	\$100 per calendar year; \$200 per hospital admission
DEDUCTIBLES (FAMILY MAXIMUM)	None	None	None	\$250 per family, per calendar year; \$200 per hospital admission
MAXIMUM OUT-OF-POCKET (INDIVIDUAL)	No maximum	No maximum	\$400 per calendar year (coinsurance only)	\$2,000 per calendar year (coinsurance only)
MAXIMUM OUT-OF-POCKET (FAMILY)	No maximum	No maximum	\$1,000 per calendar year (coinsurance only)	\$5,000 per calendar year (coinsurance only)
MAXIMUM PLAN COVERED EXPENSES ANNUAL/LIFETIME	Unlimited	Unlimited	Unlimited <sup>5</sup>	\$1,000,000 lifetime <sup>5</sup>

<sup>1</sup> NJ DIRECT15 out-of-network benefits, excluding hospital expenses, are based on the Horizon BCBSNJ discounted provider network allowance or the "reasonable and customary" fee schedule based at the 90th percentile.

<sup>4</sup> Most disease management programs provide educational materials, and in some cases, individualized case management for members with an emphasis on health education and behavior modification.

<sup>5</sup> Mental Health Maximums: \$15,000 annual; \$50,000 lifetime. Up to \$2,000 restoration feature each year with a lifetime maximum of \$50,000. Biologically-based mental health conditions are treated like any other illness and not subject to annual or lifetime mental health dollar maximums or separate mental health visit limits.

NEW JERSEY STATE HEALTH BENEFITS PROGRAM

# PLAN COMPARISON SUMMARY

## FOR STATE EMPLOYEES

### PRESCRIPTION DRUG COVERAGE FOR STATE EMPLOYEES

State Employees are eligible to enroll in the **SHBP Employee Prescription Drug Plan** as a separate prescription drug benefit. The Employee Prescription Drug Plan has a three-tier copayment design. For each 30-day supply when purchased at a retail pharmacy the copayment is \$3 for generic drugs (first tier); \$10 for brand name prescription drugs without generic equivalents (second tier); and \$25 for brand name drugs where a generic equivalent is available (third tier).

Mail order prescription drug copayments for up to a 90-day supply are \$5 for generic drugs (first tier); \$15 for brand name drugs without generic equivalents (second tier); and \$40 for brand name drugs where a generic equivalent is available.

For more information see the *SHBP Employee Prescription Drug Plan Member Handbook* which is available from your human resources representative, from the Division of Pensions and Benefits, or at the SHBP home page at: [www.state.nj.us/treasury/pensions/shbp.htm](http://www.state.nj.us/treasury/pensions/shbp.htm)

### DENTAL COVERAGE FOR STATE EMPLOYEES

State Employees are eligible to enroll for dental coverage in the **SHBP Employee Dental Plans**, which offer two basic types of plan: the Dental Expense Plan, and a selection of Dental Plan Organizations (DPOs). For more information, see the *SHBP Employee Dental Plans Member Handbook* which is available from your human resources representative, from the Division of Pensions and Benefits, or at the SHBP home page at: [www.state.nj.us/treasury/pensions/shbp.htm](http://www.state.nj.us/treasury/pensions/shbp.htm)

### UNIFIED PROVIDER DIRECTORY

The **Unified Provider Directory**, available on the Internet contains current, and comprehensive information about health care providers and facilities that deliver their services through one or more of the SHBP's managed-care plans in New Jersey and selected areas of neighboring states (for other states, contact the medical plan or see the plan's Web site for provider information).

Updated monthly, the Unified Provider Directory information is in an easy to use format and can be reached through the SHBP's home page at: [www.state.nj.us/treasury/pensions/shbp.htm](http://www.state.nj.us/treasury/pensions/shbp.htm)

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This is a summary and not intended to provide total information. Although every attempt at accuracy is made, it cannot be guaranteed.

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