

# Mobile Apps: Better Health at Your Fingertips

AmeriHealth Caritas New Hampshire is making it easier to take care of your health. We offer two mobile apps at no cost\* to you. Each app helps with different types of needs and information.

## ESSENTIAL TOOLS FOR ALL MEMBERS.



### AmeriHealth Caritas New Hampshire mobile app features



#### Medicine cabinet

- List your medications.
- Learn what the medicine is for, as well as possible side effects.
- Set reminders for taking your next dose.

**Find a provider tool** — You can even get traveling directions.

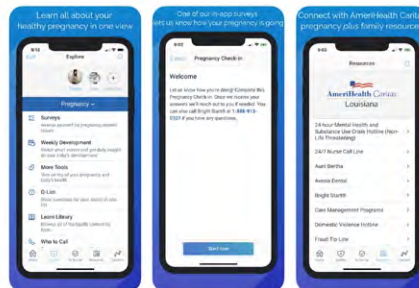
**Digital ID card** — Choose ID cards from the app menu.

**Member Handbook** — Look up important information about your health plan.

## USEFUL TOOLS FOR MEMBERS WITH GROWING FAMILIES.



### Bright Start Plus<sup>SM</sup> mobile app features



#### Care for the whole family

**Make profiles for mom, dad, the kids, and even grandparents.**

**Keep track of everyone's health.** Track vaccines, height, weight, and more.

**Stay informed** — Store notes and questions for your doctor in the “Q-List.”

**Learn seasonal health tips.**

**Give us a call** — with just a tap.

#### Care for when you are pregnant

**Learn what's new at every stage of your pregnancy.**

- Weekly ultrasound videos show what babies look like as they grow.
- Track baby kicks.
- Track each milestone and trimester.

**Set reminders** — For appointments and times to take medicines. Check off your “to-dos” as you complete them.

**Get real-time health advice** — and an action plan just for you.

**Relax with Baby Boost** — Send positive thoughts and happy hormones to your baby.

**Order a breast pump.**

AmeriHealth Caritas New Hampshire members can get one or both of these apps. They are available for iPhone and Android smartphones. Visit the Google Play™ store or Apple App Store®.

For more information, please call AmeriHealth Caritas New Hampshire Member Services, 24 hours a day, seven days a week, at **1-833-704-1177** (TTY **1-855-534-6730**) or visit [www.amerihealthcaritasnh.com](http://www.amerihealthcaritasnh.com).

\*Standard messaging and data fees may apply.

AmeriHealth Caritas New Hampshire complies with applicable federal civil rights laws and does not discriminate, exclude people, or treat them differently on the basis of age, race, ethnicity, national origin or ancestry, mental or physical disability, sexual or affection orientation or preference, gender identity, marital status, genetic information, source of payment, sex, creed, religion, health or mental health status or history, need for health care services, amount payable to AmeriHealth Caritas New Hampshire on the basis of an eligible person's or member's actuarial class or pre-existing medical/health conditions, whether or not the member has executed an advance directive, or any other status protected by federal or state law.

Attention: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-833-704-1177 (TTY 1-855-534-6730)**.

Atención: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-833-704-1177 (TTY 1-855-534-6730)**.

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For the full nondiscrimination notice, go to  
**[www.amerihealthcaritasnh.com](http://www.amerihealthcaritasnh.com)**.