



Want a second opinion on a health condition?

It's yours.

Your Grand Rounds benefit gives you access to top specialists and medical experts around the country. If you need a second opinion on a new health worry or an ongoing condition, just ask.

As an added benefit of the State Health Benefits Program/School Employees' Health Benefits Program, there are no out-of-pocket costs.



Get started with Grand Rounds.



To sign in, go to grandrounds.com/shbp or call us at **1-855-734-4017**.

Grand Rounds is offered, at the direction of the State of New Jersey Division of Pensions and Benefits, as an additional resource exclusively to SHBP/SEHBP members. Members whose primary insurance is Medicare or COBRA are not eligible. Grand Rounds is an independent company that provides expert opinions, concierge services and Treatment Decision Support services to eligible SHBP/SEHBP plan members. Grand Rounds is independent from and not affiliated with Horizon BCBSNJ. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross Blue Shield Association. ECN003282 B

Three ways an expert second opinion can be life-changing.

1. Check you're getting the right care.

Elizabeth wondered if the medications her doctor prescribed for her multiple sclerosis (MS) were the best options. We arranged for her to talk with a top specialist about her treatment.

"The feedback really gives me confidence that I am on the best path to keep my MS under control to the best of my ability."

2. Find a treatment plan that's better for you.

Allen spent several years having treatment for his chronic back pain. We sent his case to a leading spine specialist who was able to diagnose and treat his condition.

"If it wasn't for Grand Rounds, I have no idea what I would be doing. I would probably still be taking all of those drugs and still in terrible pain."

3. Move quickly to understand a health issue.

When a scan showed that her cancer had returned, **Lynn** wanted answers fast. We immediately contacted a radiologist who was able to guide her to the best treatment.

"It's thanks to Grand Rounds for identifying my breast cancer when they did and for getting me in to see the top specialists that I can now say I am in complete remission and that is nothing short of a miracle."

It's easy to ask for a second opinion.

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