

# An easier way to track your Crohn's or Ulcerative Colitis symptoms over time

**"If it weren't for SonarMD, I would have most likely ended up in the hospital."**

With SonarMD, you and your specialist can work together to detect changes in your health in-between visits.

"As a Crohn's patient, I don't always recognize when my body is trying to tell me something because I think my symptoms are just par for the course." —SonarMD User

The program helps eliminate the guesswork around whether or not you need to schedule an appointment.

## How SonarMD Works



You'll complete a survey about your symptoms once a month via HIPAA-secure text or email, which only takes a few minutes.



Behind the scenes, SonarMD's clinical team tracks your score and will connect you with your specialist if needed.

If you are a Horizon BCBSNJ member, you may have already received an invitation to participate in this program. If not, please call **312-283-0601 extension 1** to verify your eligibility to enroll.