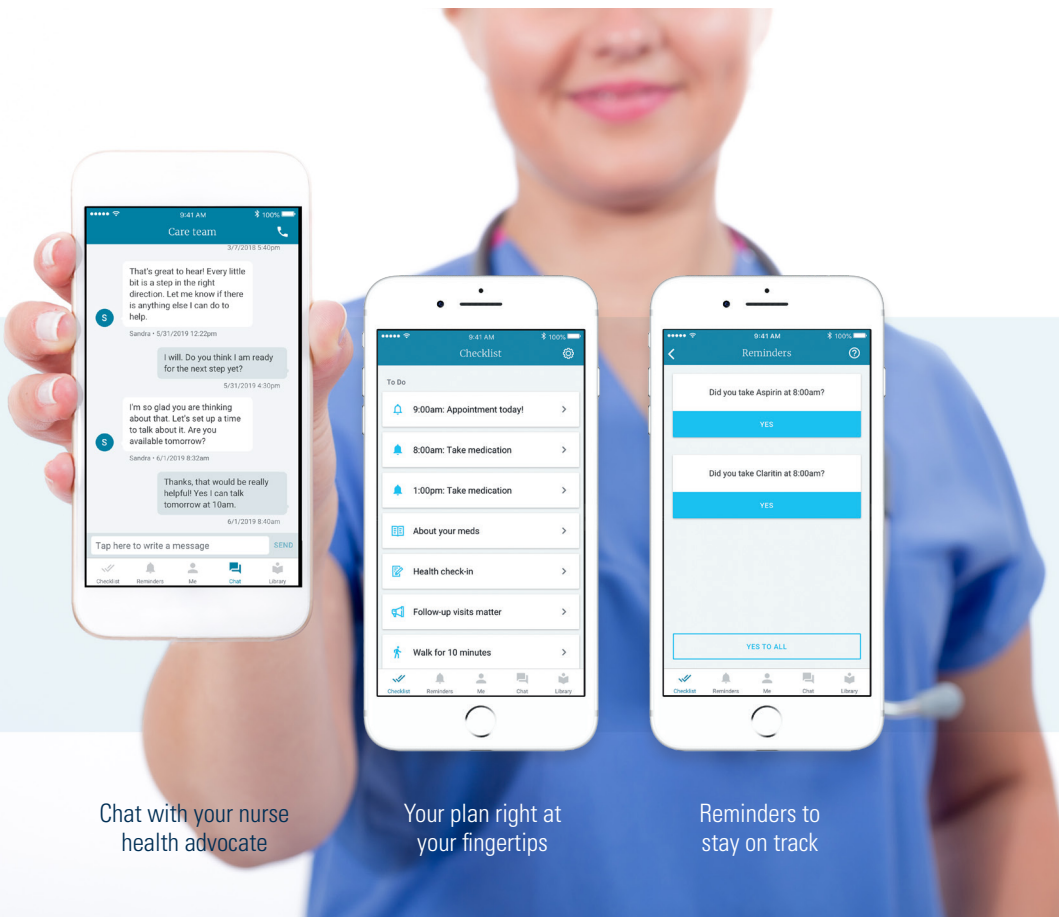


# CONNECTING YOU TO CARE



Chat with your nurse  
health advocate

Your plan right at  
your fingertips

Reminders to  
stay on track

”

Feeling the security of knowing that there was always someone available when I needed help the most

— Blue Cross and Blue Shield of Nebraska member, when asked what they liked best about participating in the program

## A personalized approach to a healthier you

As a Blue Cross and Blue Shield of Nebraska member, you have access to free services to assist in managing your health care. You will be connected with a registered nurse through a mobile health app, and together you can make the best choices for your health — **all at no cost to you!**



# Care Management Services

## CASE MANAGEMENT

### Advocate, coordinate and encourage

We help guide you as you face major life events, such as cancer treatments, traumatic injuries or even finding the right support for children with special needs.

Your case manager does not replace the care you receive directly from your health care providers; they serve as your personal advocate in making informed decisions.

Your case manager will:

- Help you understand your health care benefits
- Identify and refer services and resources to meet your needs
- Coordinate your care plan
- Empower you to manage your condition
- Provide consistent communication

 **Access Code: NEBLUE**

## HEALTH COACHING

### Navigating your health together

Our free health coaching program helps you meet your specific health goals. Whether that is to reduce your risk for illness, better manage a health condition or provide extensive and targeted support for a more complex health problem, our health coaches work with you individually to inspire healthy living and overall well-being.

Areas of focus:

- Weight management
- Healthy eating
- Tobacco cessation
- Physical activity
- Stress management
- Chronic health

 **Access Code: NEWELL**

## DIABETES

### Education and support

Our nurse diabetes educators will help you decrease your risk for serious diabetes-related health problems. They will give you encouragement, support and:

- Education on diet and exercise
- Help taking medication as prescribed
- Help following your doctor's recommendations
- Assistance with insurance benefits and coverage

As a member, you also have access to a free glucose meter. Visit [NebraskaBlue.com/Diabetes](http://NebraskaBlue.com/Diabetes) to learn more.

 **Access Code: NEACTION**

## PREGNANCY CARE

### Better pregnancy experience

The Pregnancy Care program provides you with education, encouragement and the support you need throughout your pregnancy all from the convenience of your smartphone or tablet.

You will have access to:

- In-app chat with your personal health advocate or nurse for support, encouragement, and answers to questions about your pregnancy
- A checklist of daily to-dos helpful articles relevant to your stage of pregnancy
- Customized reminders to help you keep track of your medications, doctor appointments and other daily tasks
- Articles, pictures and videos you may use to learn about managing a healthy pregnancy

 **Access Code: NEBEGIN**

 **SIGNING UP IS EASY!**



**DOWNLOAD THE FREE WELLFRAME APP OR CALL 844-201-1546.**



Download the app through the Apple App Store or Google Play. **You will need to enter the appropriate access code and your member ID when prompted.**

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