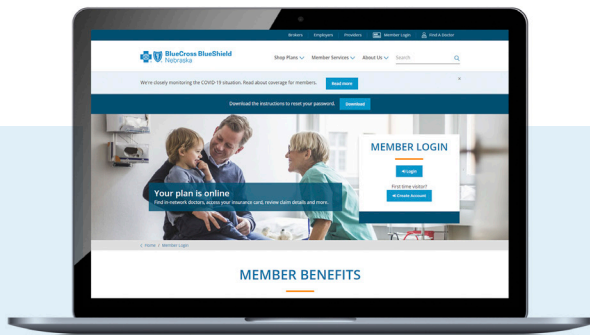


# Getting Started

Welcome to Blue Cross and Blue Shield of Nebraska!

**We're here to help you get the most out of your new health plan.**



## Accessing Your Plan

### myNebraskaBlue.com Online Member Portal

You can access your account with the mobile app or from any web browser. This is your one-stop shop where you can view:

- Your claims status
- Deductible and out-of-pocket balances
- In-network providers
- Medical and pharmacy benefits
- How to connect with other services like telehealth or your health savings account

→ Register your account at **myNebraskaBlue.com**.

**ID**

If you have questions about your medical or pharmacy benefits, please call the Member Services number on the back of your ID card.

Amwell is an independent company that provides telehealth services for Blue Cross and Blue Shield of Nebraska, an independent licensee of the Blue Cross and Blue Shield Association. Prime Therapeutics is an independent company providing pharmacy benefit management services for Blue Cross Blue Shield of Nebraska. 60-167 (11-20-23)

## Getting Care

### Find in-network doctors and facilities

Using your online member portal, you can find in-network doctors and facilities, compare costs and read reviews. Using in-network providers will save you money and paperwork. You can also find Total Care and Blue Distinction providers to get the best care for your particular needs.

→ Log into **myNebraskaBlue.com**.

### Telehealth services powered by Amwell®

You can video chat with a board-certified doctor in less than 10 minutes. It's perfect when your doctor's office is closed, you're too sick or busy to go in person, or when traveling. Behavioral and mental health services are also available from licensed therapists.

→ To get started, visit **NebraskaBlue.com/Telehealth**.

### Care Management Programs

Free with your health plan, our programs give you access to tools and resources that will simplify health care and offer guidance, so you get the support you need. Our goal is to be a champion of your health and well-being, while helping you lower your healthcare costs. Programs include:

- Prediabetes and diabetes management
- Pregnancy care
- Blood pressure and cholesterol support
- Weight loss and nutrition support

→ To get started, visit **NebraskaBlue.com/GettingCare**.

### Manage your Medications

We have tools and programs that can help you save time and money on your medications. Using your online member account, you can access MyPrime which will help you:

- Compare costs between generic and brand-name medications
- Find in-network pharmacies
- Sign up for home delivery of your maintenance medications

→ To get started, visit **NebraskaBlue.com/Pharmacy**.