



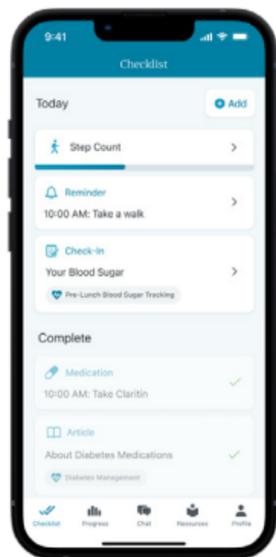
**BlueCross
BlueShield**
Nebraska

HEALTH HAPPENS AT HOME

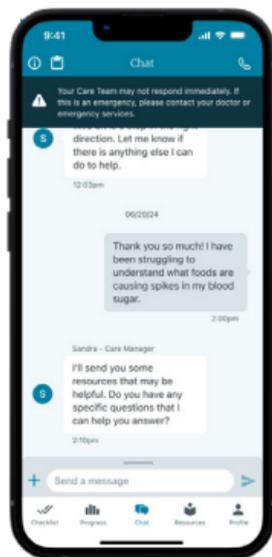
All from the convenience of
your **smartphone** or **tablet**.

Getting better after your hospital stay can feel overwhelming. The **Wellframe mobile app** can help with your recovery by keeping you in close contact with your Blue Cross and Blue Shield of Nebraska care manager.

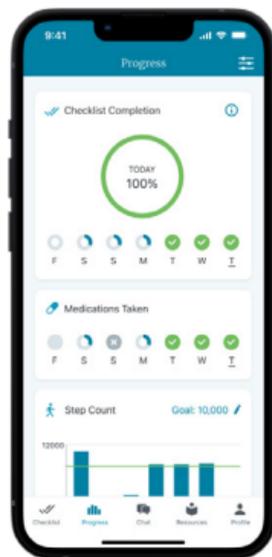
Whether your goal is to feel better, manage pain or get moving again, your care manager and the Wellframe app will help you get there, both free with your health plan! ... or whatever works for you.. You will have access to resources such as:



Daily to-do list



In-app chat



Reminders

SIGNING UP IS EASY!

Download the free app from your preferred app store.

Enter access code **NESUPPORT** and your member ID when prompted.



**DOWNLOAD THE FREE
WELLFRAME APP!**



Blue Cross and Blue Shield of Nebraska is an independent licensee of the Blue Cross Blue Shield Association. Wellframe is an independent company that provides mobile-enabled care management services for Blue Cross and Blue Shield of Nebraska. Wellframe is responsible for its services. 42-122-2 (04-16-24)