



# YOUR BENEFITS WITH BCBSNE

Being a Blue Cross and Blue Shield of Nebraska (BCBSNE) member means that you get quality benefits and resources. Everything we offer is to ensure that you are getting the most out of your health care coverage.



## ONLINE MEMBER PORTAL

Take charge of your health plan with the easy-to-use member portal at [myNebraskaBlue.com](http://myNebraskaBlue.com) or download the Nebraska Blue app. With your member portal, you can manage your coverage, find care and access important plan details such as:

- Find in-network doctors and facilities
- Check claim status and preauthorization
- See deductible and out-of-pocket totals
- View who's covered under your plan
- Access your digital ID card



## NURSE SUPPORT

Get one-on-one support from one of our nurses by phone or online to help you stay on track with your health. Whether you're managing weight, blood pressure, stress or chronic conditions, personalized guidance is just a call or click away at no cost to you.





For more information on these and additional benefits you get with your health plan go to [NebraskaBlue.com](https://NebraskaBlue.com) and select Member Services. If you have questions about any services provided, call the Member Services number on the back of your ID card.



## MENTAL HEALTH

Get support for your mental health with access to emergency contacts, in-network therapists for in-person or virtual visits and nurse-guided programs — all included with your health plan. These resources are designed to help you feel supported and cared for.



## TELEHEALTH

You can video chat with a board-certified health care professional anytime, anywhere — ideal when your doctor's office is closed, you're too busy or sick to go in person or you're traveling. Licensed therapists are also available for behavioral and mental health support during business hours. Log in to your online member portal or call the telehealth number on the back of your ID card to access the 24/7 nurse line or video chat with a doctor.



## PREVENTIVE

With your health care coverage, routine preventive care may be fully covered to help you stay healthy and catch issues early. Annual check-ups, screenings, immunizations and counseling are powerful tools to prevent serious conditions like diabetes and colon cancer — so you can live well and worry less.



## INSURANCE 101

With BCBSNE, you'll get clear guidance on how to use your benefits wisely — from choosing the right doctors and facilities to understanding your coverage. Knowing where to go for care matters, as costs can vary significantly even within your plan's network. Let us help you get the best value and care every step of the way.