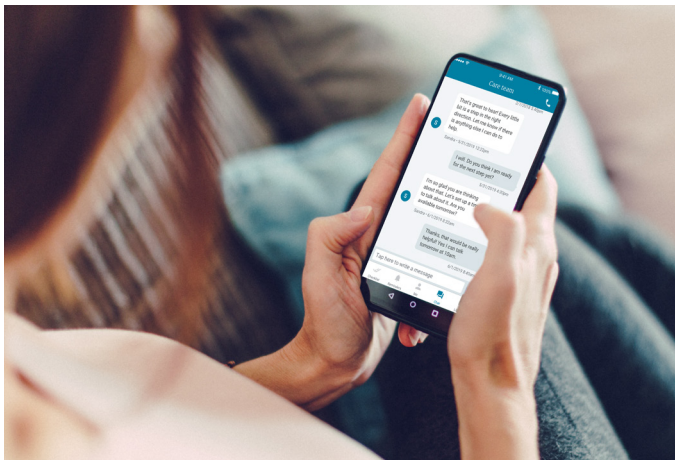


NURSE-SUPPORTED CARE PROGRAM

A holistic approach to better health



Free with your Blue Cross and Blue Shield of Nebraska health plan

We understand that everyone's needs are different. With our care program, nurse care managers will support and guide you to better health. Whether that is to reduce your risk for illness, improve weight loss or better manage a health condition or a complex health problem.

With this program, you work with a nurse care manager, either through our mobile health app or over the phone, to create a personalized plan. Our nurses can help you:

- ➔ Achieve and maintain a healthy weight
- ➔ Manage high blood pressure and cholesterol
- ➔ Decrease blood sugar and A1C levels
- ➔ Reduce stress and identify triggers
- ➔ Manage pain

“

HERE'S WHAT ONE MEMBER HAD TO SAY ABOUT THIS PROGRAM:

“The program is amazing and has really helped me. It shows in my weight and my improved health markers - blood pressure down, A1C down, HCL up and triglycerides/ LDL down. Plus, I just feel better.”



IT'S EASY TO GET STARTED!

Scan the code to download the Wellframe app and enter your member ID (access code **NEWELL** will auto-populate).



- ➔ If you do not wish to use the app, please call **844-201-1546** or visit NebraskaBlue.com/Wellbeing to learn more.