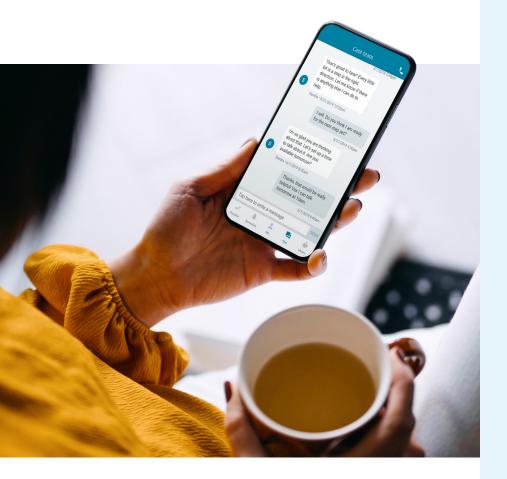
## DO YOU NEED HELP MANAGING YOUR ALLERGIES, ASTHMA OR COPD?



## Connect with a nurse to better control your allergies, asthma or COPD.

As part of your Blue Cross and Blue Shield of Nebraska plan, you have access to a program at no additional cost to you. You will work with a nurse who will help you:

- → Identify and avoid triggers
- → Create strategies to reduce flare ups
- → Take control of your symptoms to improve your quality of life





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

"The nurses and this program are a blessing to me and my family. You are turning my health back in a positive direction. Thank you for going above and beyond!"



## SIGNING UP IS EASY!

Scan the code to download the FREE 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.