

# 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

Wellframe is an independent company that provides mobile-enabled care management services for Blue Cross and Blue Shield of Nebraska, an independent licensee of the Blue Cross Blue Shield Association. 60-290-508 (01-17-25)



## 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.