

## Your health, your way

## Free weight-loss program with your Blue Cross and Blue Shield of Nebraska health plan

Our weight-loss program is unique. You will work one-on-one with a nurse to help you with:

- Weight management education
- Weight and activity tracking
- Nutrition guidance
- Other health challenges like high blood pressure, diabetes and more

Here's what one member had to say about the program:

I HIT 65 POUNDS DOWN THIS WEEKEND. THIS IS THE CLOSEST I HAVE BEEN TO MY GOAL WEIGHT IN PROBABLY ABOUT **10 YEARS. I CAN'T BELIEVE IT!** 

- BCBSNE member



## It's easy to sign up.

Download the Wellframe app and enter your member ID when prompted (access code **NEWELL** will be prepopulated).

If you do not want to download the app, please call 844-201-1546 and one of our nurses will be happy to help.



Scan the code to get started today!

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. Wellframe is responsible for its services. 60-291-508 (01-22-25)

