

# 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!

