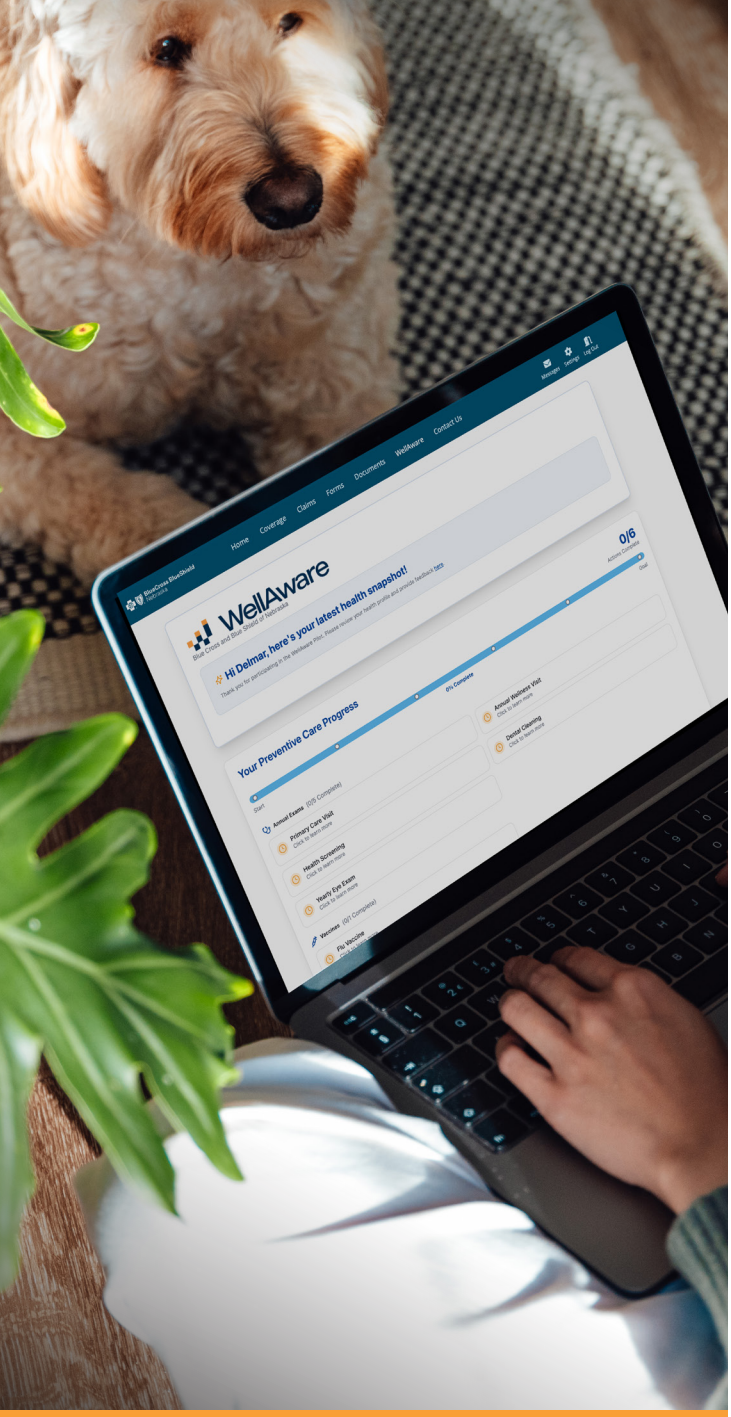


WellAware

Discover **WellAware**

YOUR PERSONALIZED HEALTH MANAGEMENT PROFILE

WellAware is designed to help you manage your health proactively and confidently. Your profile delivers easy-to-understand, personalized care information, showing the best ways to stay healthy and prevent issues before they start.

- **Smart Recommendations:** Preventive care guidelines are integrated to deliver personalized advice securely.
- **Simple, Actionable Steps:** WellAware makes it easy to find your next move—so you're never unsure about what to do for your health.
- **Stay Ahead of Your Health:** Receive personalized information to help you take charge of your well-being.

All Your Health Data in One Place

- **Unified Wellness View:** See preventive care progress and health focus areas together for a complete wellness overview. Your data is updated in real-time as claims are processed.
- **Easy Access, Confident Choices:** The user-friendly platform helps you engage with your health information quickly and confidently.

Take Charge of Your Well-Being Today!



BlueCross BlueShield Nebraska

Ready to make your health a priority?

WellAware is accessible through your online member account. If you're new to the health plan (less than six months), some personalized features and data may become available once you've been enrolled for at least six months.

To review your WellAware health profile, log in at **myNebraskaBlue.com** or use the Nebraska Blue app to get started.

HERE'S WHAT ONE MEMBER HAD TO SAY ABOUT WELLAWARE:

"After my doctor's appointment, I checked my WellAware profile and realized I should follow up on screenings—so I messaged my doctor for guidance."



FREQUENTLY ASKED QUESTIONS

How are the recommendations made for screenings?

Screening guidelines follow the United States Preventive Services Task Force recommendations, an independent, volunteer panel of 16 national experts in prevention and evidence-based medicine.

Does WellAware replace existing advice or care plans provided by primary care doctors?

No. WellAware was not created to replace the expertise or guidance of medical professionals.

Is the information provided in the health profile protected?

Yes. Like any other protected health information, your information is protected and secure.

Is the data from WellAware automatically sent to my doctor or other healthcare providers?

No. WellAware delivers information that is tailored specifically to you, and only you can view it. Sharing this information with medical professionals is entirely up to you.

Why is the WellAware health profile important?

Your WellAware health profile gives you personalized insights and clear next steps to help you stay on top of your health, including recommended preventive exams and screenings.

How will I know what next steps to take?

Your WellAware profile will show you what preventive health actions you have taken indicated by the green checkmark; those that are orange still need to be completed. You can review your health profile with your doctor on your next visit or call your doctor to schedule your exams and screenings.

If you do not have a primary care doctor, log into your online member account to find an in-network doctor near you.

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