PREGNANCY CARE PROGRAM

Resources to help you have a happy, healthy pregnancy.

As part of your Blue Cross and Blue Shield of Nebraska health coverage, you have access to a free pregnancy care program that provides education, encouragement and support—during your pregnancy and after you deliver.

Personalized Care:

- Connect with a nurse who can answer questions and provide encouragement and support between doctor appointments
- Create customized reminders to help you keep track of your medications, doctor appointments and tasks
- Access helpful articles, pictures and videos relevant to each stage of your pregnancy





Signing up is easy!

Search for Wellframe in the app stores, enter your member ID and access code NEBEGIN when prompted; or complete the online assessment at **NebraskaBlue.com/Pregnancy**.





Educational resources are available by mail for those that do not wish to use the app. You will need to complete the assessment form mentioned above or call **877-348-4329** to sign up.

Participation in this program does not affect the participant's health plan coverage for maternity/pregnancy care, or entitle the participant to benefits not otherwise payable under the Blue Cross and Blue Shield of Nebraska plan. 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 and Blue Shield Association. Wellframe is responsible for its services. App Store is a registered trademark of Apple. Google Play is a registered trademark of Google. 36-032 (11-11-21)

