

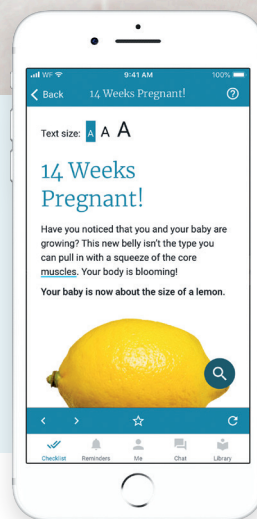
# PREGNANCY CARE PROGRAM

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](https://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.

