



Keep your heart healthy

Without the care it needs, your heart could work too hard, causing serious problems like high blood pressure, heart disease or even a heart attack. We're here to help.

Free with your Blue Cross and Blue Shield of Nebraska health plan, you have access to a well-being program that helps you keep your heart healthy. You will work with one of our nurses to:

- Identify causes and symptoms
- Check your blood pressure
- Keep stress, depression or anxiety in check
- Create heart-healthy strategies for diet and exercise



It's easy to get started.

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

- Scan the code to get started today!

