



Nebraska

WELCOME CITY OF LINCOLN MEMBERS TO  
BLUE CROSS AND BLUE SHIELD OF NEBRASKA!

We're here to **help you** get the  
most out of your new health plan.

## IMPORTANT MEMBER RESOURCES

### ➔ ACCESSING YOUR PLAN

[myNebraskaBlue.com](http://myNebraskaBlue.com) Online Member Portal

You can access your account on your mobile device or on your desktop. This is your one-stop shop where you view:

- Your claims status
- Deductible and out-of-pocket balances
- In-network providers
- Medical and pharmacy benefits
- How to connect with other services like telehealth or your health savings account

Get started at [myNebraskaBlue.com](http://myNebraskaBlue.com).

### ➔ TELEHEALTH SERVICES POWERED BY AMWELL®

You can video chat with a board-certified doctor in less than 10 minutes. It's perfect when your doctor's office is closed, you're too sick or busy to go in person or when traveling. Behavioral and mental health services are also available from licensed therapists.

To get started, visit  
[NebraskaBlue.com/Telehealth](http://NebraskaBlue.com/Telehealth).

### ➔ CARE MANAGEMENT PROGRAMS

Free with your health plan, our programs give you access to tools and resources that will simplify health care and offer guidance, so you get the support you need. Our goal is to be a champion of your health and wellbeing, while lowering your costs for health care. Programs include:

- Prediabetes and diabetes management
- Pregnancy care
- Blood pressure and cholesterol support
- Weight loss and nutrition support

To get started, visit  
[NebraskaBlue.com/GettingCare](http://NebraskaBlue.com/GettingCare).

### ➔ GET THE ANSWERS YOU NEED

#### → Medical Benefits

Member Services: **844-665-1129**

#### → Pharmacy Benefits

Member Services: **833-268-1309**

