



Welcome to

EHA POPULATION HEALTH



Personalized Health Care Support

The EHA Population Health program connects you to a nurse health coach through a mobile health app. Your nurse health coach works with you to create a personalized care plan that can help you:



Lower health risks related to diabetes, high blood pressure and other conditions



Navigate the health care system so you get the most from your health insurance plan



Meet your health and wellness goals to live a healthier and happier life



**IT'S FREE
AND EASY
TO USE!**

TO SIGN UP:

1. Download the free Wellframe app
2. Enter access code **EHAPOP**
3. Enter your BCBSNE member ID

QUESTIONS? Call the Member Services number on the back of your Blue Cross and Blue Shield of Nebraska (BCBSNE) member ID card **(877-721-2583)**.