



## CHOOSE THE HEALTH PLAN YOU DESERVE! CHOOSE WELLCARE!

### YOU AND YOUR FAMILY CAN ENJOY THESE GREAT BENEFITS:

- **Hypoallergenic Bedding Allowance** for members with asthma
- **\$10 Monthly Over-the-Counter (OTC) Benefit.** For items like diapers, pain relievers and vitamins
- **Healthy Rewards Program** – Complete healthy behaviors and earn a debit card or a gift card
- **FREE Stroller, Portable Playpen or Pack of Diapers** for pregnant members who complete six prenatal and one postpartum doctor visits
- **Prenatal Care Management** – Face-to-face care management for eligible pregnant members
- **FREE Weight Watchers® Membership** for qualified members age 13 and over
- **Welcome Rooms** – Where you can go for help with transportation needs and other social support
- **Telecare BGM™** – A cellular-enabled blood glucose meter for diabetics. Get quick medical feedback
- **Help Quitting Tobacco** – Eligible members get gum, patches, lozenges and counseling
- **Discount Cards for Monthly Discounts** at select stores when you do things like have checkups, screenings and well-child doctor visits
- **Cobalt** – Free online help with depression, anxiety, trouble sleeping and substance abuse
- **24/7 Behavioral Health Crisis Hotline** for support based on a member's needs

Questions? Call 1-855-599-3811. We're here Monday–Friday from 8 a.m. to 5 p.m. Central Time. TTY users, call 1-877-247-6272. You can also go to [www.wellcare.com/nebraska](http://www.wellcare.com/nebraska).

We can help if you speak a different language or need something in Braille or audio. We can provide translations, alternate formats and interpretation services. These services are at no cost to you. Just give us a call toll-free at 1-855-599-3811 (TTY 1-877-247-6272).

Podemos ayudarlo si usted habla un idioma diferente o necesita algo en Braille o audio. Podemos proporcionar traducciones, formatos alternativos y servicios de interpretación. Estos servicios son sin costo para usted. Simplemente llámenos sin cargo al 1-855-599-3811 (TTY 1-877-247-6272).

[www.wellcare.com/nebraska](http://www.wellcare.com/nebraska)  
<https://dhhs.ne.gov/heritagehealth>

