



PERSONALIZED SUPPORT FOR YOUR CARE JOURNEY

INTRODUCING BCBSND CARE CONNECT, POWERED BY WELLFRAME.

The BCBSND Care Connect app from Blue Cross Blue Shield of North Dakota (BCBSND) is a free tool that expands BCBSND's care management services to support the overall well-being of eligible members.

 Securely Connect
with the Care Team

 Track Daily Goals
and Tasks

 Measure Progress and
Celebrate Milestones

 Grow Knowledge
and Understanding

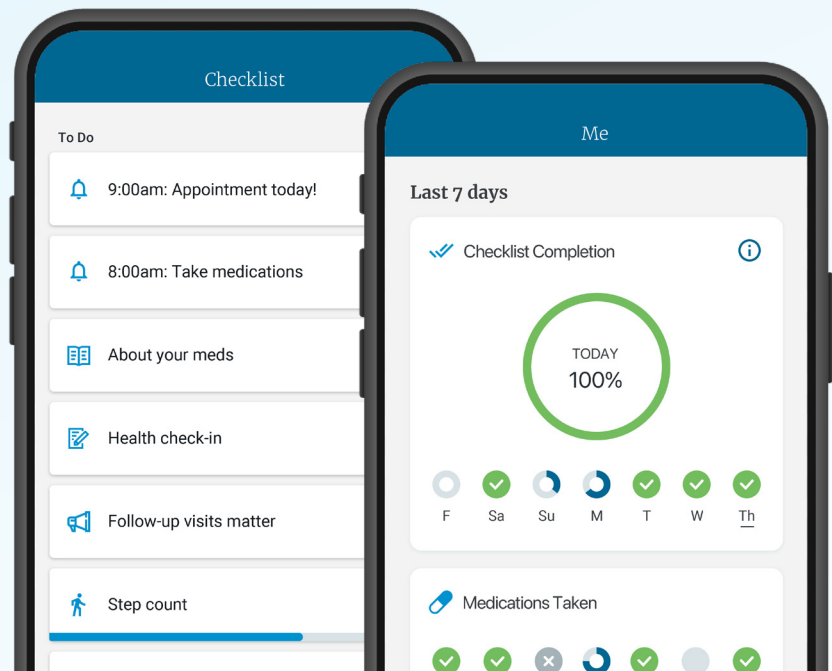
 No Extra Cost to
Member or Employer

Where to Learn More About BCBSND Care Connect

Members and employers
can learn more about
BCBSND Care Connect at
[https://www.bcbnsd.com/
care-connect](https://www.bcbnsd.com/care-connect) or by scanning
the **QR code** below.



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 Wellframe





HOW MEMBERS AND CARE MANAGERS GET CONNECTED

The BCBSND Care Connect app makes it easier for eligible members to manage their well-being with the help of a connected care management team. These members will receive an access code and invitation to start using the app from an assigned care manager at BCBSND. Members can then download the app from the App Store or Google Play to their smartphone or tablet devices.

Securely Connect with the Care Team

Members can chat with their care manager anytime, anywhere from the app.

Expert Mentorship via App

BCBSND care managers are licensed nurses or registered social workers devoted to the members' well-being.

Track Daily Goals and Tasks

Checklists and reminders help members complete tasks that have an impact on their overall well-being.

Measure Progress and Celebrate Milestones

Members can use real-time data dashboards to see their progress on their health journey.

Grow Knowledge and Understanding

BCBSND care managers collect and share library content to assist members by coaching them about their condition, medications and more.

No Extra Cost to Member or Employer

The app is available to members at no additional cost.



WHICH MEMBERS ARE ELIGIBLE

The app is ideal for members who:

- Are facing a new diagnosis
- Experienced a change in their condition
- Received a new treatment plan
- Need support managing a mental health condition
- Recently been discharged from inpatient care

For members who think they might benefit with additional care but haven't received an invitation, they can see if they qualify by contacting BCBSND Care Management at 701-277-2100 or 1-800-336-2488, Monday through Friday, 8:30 AM to 4:30 PM CT.



THE SUPPORT IN OUR MEMBERS' CORNER: BCBSND CARE MANAGEMENT

BCBSND care management supports members who are dealing with unique, complex and new challenges that impact their health every day. Each registered nurse and licensed social worker on the care management team is devoted to supporting members through these day-to-day moments, helping them make positive changes to their well-being.



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Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association.

Wellframe is an independent company supporting Blue Cross Blue Shield of North Dakota by providing the BCBSND Care Connect mobile app.