



Real people. Real help. 24/7.

Life can be stressful and medical issues pop up at all hours adding to that worry. Luckily, there's BeWell 24/7, a service exclusively for Wellmark Blue Cross Blue Shield members.



BeWell 24/7SM
844-84-BeWell

This is real help from real people 24/7.
With BeWell 24/7, you'll be able to:

1. **GET ANSWERS TO HEALTH QUESTIONS.** Clinically trained nurses can give advice on treating the common cold, fevers, minor burns and sprains, and common rashes.
2. **LOCATE IN-NETWORK DOCTORS.** Get help finding an in-network doctor at home or while traveling — saving you time and effort.
3. **FIND THE RIGHT CARE.** Locate appropriate, in-network care based on your symptoms, saving you money on unnecessary appointments or ER visits.
4. **ACCESS SUPPORT.** BeWell 24/7 registered nurses can help answer questions about medical treatments, surgeries and tests.
5. **NAVIGATE COMPLEX HEALTH ISSUES.** BeWell 24/7 nurses can refer you to Wellmark's Case Management program to assess your whole-health situation and develop an individualized care plan.



Get even more answers with myWellmark[®]. Use myWellmark to access all your health information in one place. **Register at Wellmark.com.**



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