

Are you pregnant? Or recently had a baby?

Blue Cross and Blue Shield of Nebraska
and ProgenyHealth® want to support you.
There is no cost to you.



Blue Cross and Blue Shield of Nebraska (BCBSNE) has teamed up with ProgenyHealth to bring you a Maternity and NICU Case Management program. This program can help support you during pregnancy and after your baby is born.

Your ProgenyHealth Case Manager can help with:

Maternity Case Management:

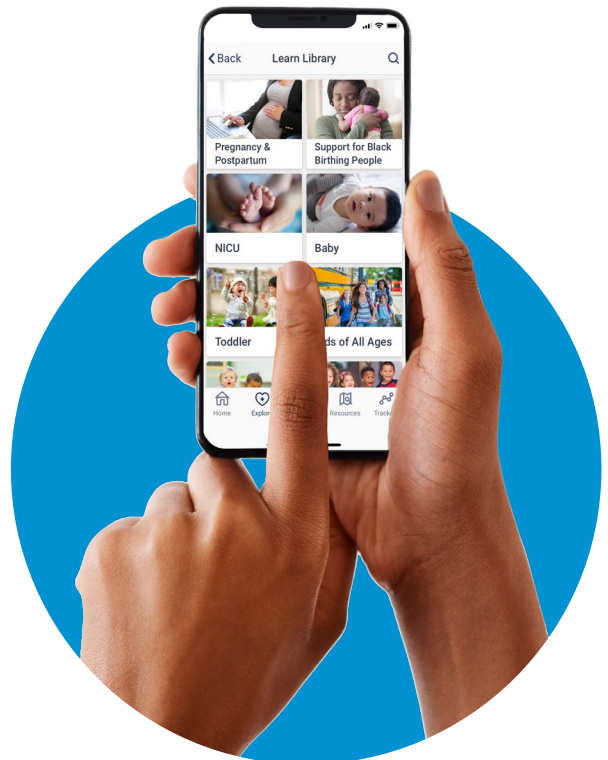
- Sharing education and ongoing support
- Setting up doctors' visits
- Making care plans
- Using the Mobile App

NICU Case Management:

- Reaching out to you if your baby is in the NICU
- Working on a care plan for your baby with you and your baby's doctor
- Helping you understand your baby's needs
- Following up after you go home

Postpartum Support:

- Parenting education and support
- Keeping your doctors' appointments after your baby is born
- Helping with breastfeeding
- Finding local resources in your community



Use the Mobile App so you can:

- Track your pregnancy
- Learn tips for taking care of your baby
- Make to-do lists
- Contact your ProgenyHealth Case Manager

Sign Up Today!

Call Toll Free 855-231-4730

OR Mon – Fri, 8:30 a.m. – 5:00 p.m. CST

Download the Mobile App

Follow the steps below to get going

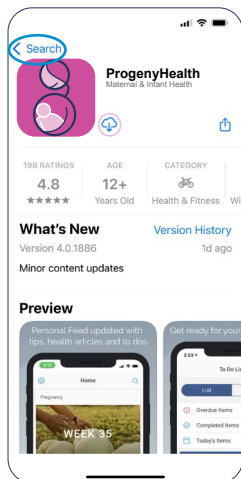


- 1 Scan the QR code to download the Mobile App

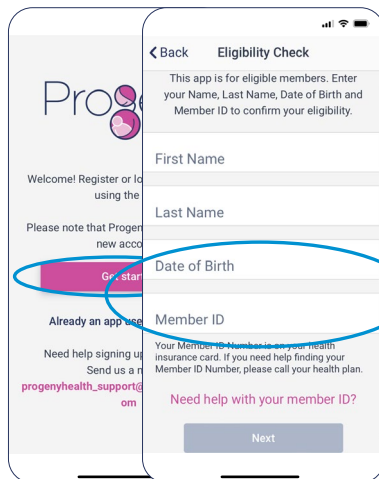


<https://prgnyhlth.onelink.me/LHEz/q9tz6yau>

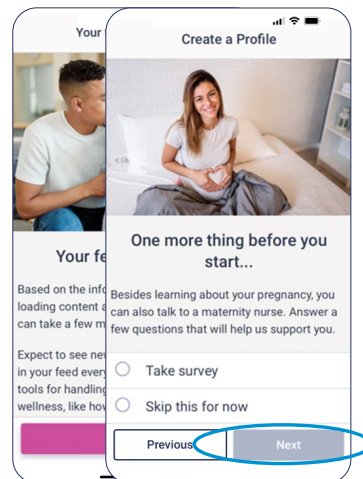
- 2 Look for ProgenyHealth and download the Mobile App



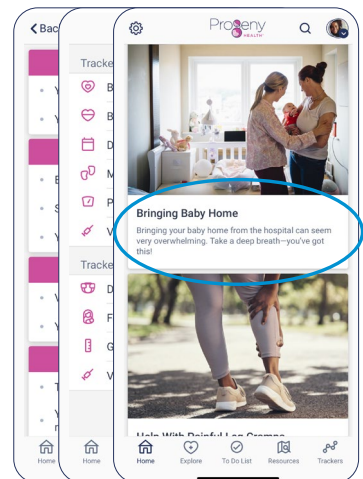
- 3 Open the Mobile App, Enter Date of Birth and Member ID



- 4 Create a profile to customize your experience



- 5 Explore the many benefits inside the Mobile App



HAVE QUESTIONS OR NEED SUPPORT?

Reach out to ProgenyHealth's Case Managers Monday – Friday, 8:30 a.m. – 5:00 p.m. CST

- Maternity Case Management: **855-231-4730**
- NICU Case Management: **844-567-2006**

Or email us at **Contact@ProgenyHealth.com**

