



# Get health support at your fingertips

## What is the BlueForMe app?

The BlueForMe app for your smartphone or tablet connects you to your care team. Whenever you have a question about your health, use the app to send a message to your care team. The app turns your care team's instructions into an easy health checklist. You'll know what to do each day. Your care team will be there to help along the way.

Scan the QR code with your phone's camera to download the BlueForMe app.



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## How to get started

1. Visit [www.flblue.com/blueforme](http://www.flblue.com/blueforme) on your smartphone or tablet to install the app.
2. Download the BlueForMe app and select **Create New Account**.
3. Your access code is: **XXXXXXXXXX**

### Questions?

Email [help@wellframe.com](mailto:help@wellframe.com)



Available for smartphone and tablet.

Wellframe is an independent company that provides online services to Florida Blue members through the Blue for Me app. Florida Blue and Florida Blue HMO are independent licensees of the Blue Cross and Blue Shield Association.

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Nurse employees provide decision support services only and do not provide medical care or advice.

# Managing a health condition can be tough — your Care Team is here to help.

Your Care Team includes nurses and clinical professionals who work hand-in-hand with your doctor, so you can have peace of mind knowing we care.

## Your plan includes these services at no extra cost:

- ✓ Dedicated nurses and other clinical professionals focused on helping you reach your health goals
- ✓ Access to community resources that help with transportation, food, finances and more

With the BlueForMe app, you can connect to your care managers and the health resources you need, when you need them.

Want more information about how we can support you? Call us at 844-730-2583 (844-730-BLUE).



## What's available on the BlueForMe app?

- ✓ You can **Chat** with your Care Team. Your care manager can answer medical questions. They can also connect you to services. They can give support whenever you need it.
- ✓ Your **Checklist** will have a daily list of tasks to complete and helpful articles to read about your health.
- ✓ You can set up **Reminders** on your phone to help you keep track of your medications and appointments.
- ✓ The **Me** tab shows a summary of your progress.
- ✓ Read articles about your health in your **Library**.

