



Support is just a phone call away: **your Wellmark Care Team**

Major illnesses, injuries and chronic conditions can be overwhelming. The complexities of the health care system make it challenging to focus on your health and make navigating your care feel like a full-time job.



Your health benefits can help

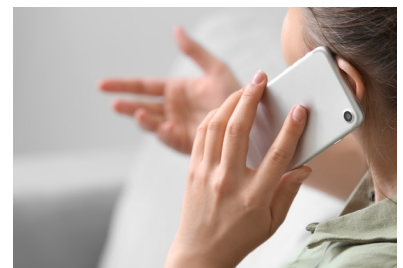
You need advocates who will work on your behalf, ensuring you're getting the care you need while helping you focus on getting or staying healthy. And you need to be able to find them all in one place.

That's why as a Wellmark member, your health benefits include the Wellmark Care Team.



One call

With the Wellmark Care Team, you have a dedicated case manager nurse and an integrated team of specialists including pharmacists, behavioral health specialists and health advocates who are here to help you get the most from your benefits. Not sure what preventive screenings, immunizations or wellness services you might need? Your Care Team is here to help — and they're accessible any time by calling the number on the back of your Wellmark ID card.



How to participate

If you have a health condition, you can call the Wellmark Care Team at any time to request support. Wellmark may also reach out to you if you are identified for program participation through hospital admission notifications and health and pharmacy claims information, or by provider referral.

This program is free, voluntary and confidential. To learn more or to enroll, call the number on your Wellmark ID card.



Supporting healthy pregnancies

Wellmark members can access additional resources for a healthy, stress-free pregnancy. The Wellmark Pregnancy Support Program is free, and it's here for you both now and after your baby is born.

How it works

Call the number on your Wellmark ID card and a pregnancy support nurse will connect you to a number of tools including:



WebMD® Pregnancy Assistant: Provides information about your pregnancy and the stages of your baby's growth.



Count the Kicks® app: Helps you keep track of your baby's normal movement patterns.



BeWell 24/7®: A phone line that connects you with a nurse for one-on-one support day and night.

In addition to helpful tools and care team support, when you participate in the Wellmark Pregnancy Support Program, the cost share for your first and second trimester ultrasound is waived.

With just one call to Wellmark's State of South Dakota Care Team line, anyone can get support, including members who experience:

- **Serious illnesses.**
- **Traumatic injuries.**
- **Complex chronic conditions (such as diabetes, cardiovascular disease, asthma and others).**
- **Major surgeries.**
- **Pregnancy.**
- **Premature babies.**
- **Cancer.**
- **Transplants.**
- **Behavioral health conditions.**
- **And more.**



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WebMD® is a registered trademark of WebMD Health Services Group, Inc. WebMD is a separate company that provides wellness services on behalf of Wellmark Blue Cross and Blue Shield.

Count the Kicks® is a separate company that educates expectant parents about the importance of counting their baby's kicks daily during the third trimester of pregnancy. Count the Kicks® does not provide Wellmark Blue Cross and Blue Shield products or services.