Wellmark®

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 24/7℠
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.**



Wellmark Blue Cross and Blue Shield of Iowa, Wellmark Health Plan of Iowa, Inc. and Wellmark Blue Cross and Blue Shield of South Dakota are independent licensees of the Blue Cross and Blue Shield Association.

© 2023 Wellmark, Inc.

M-20413 01/23 A