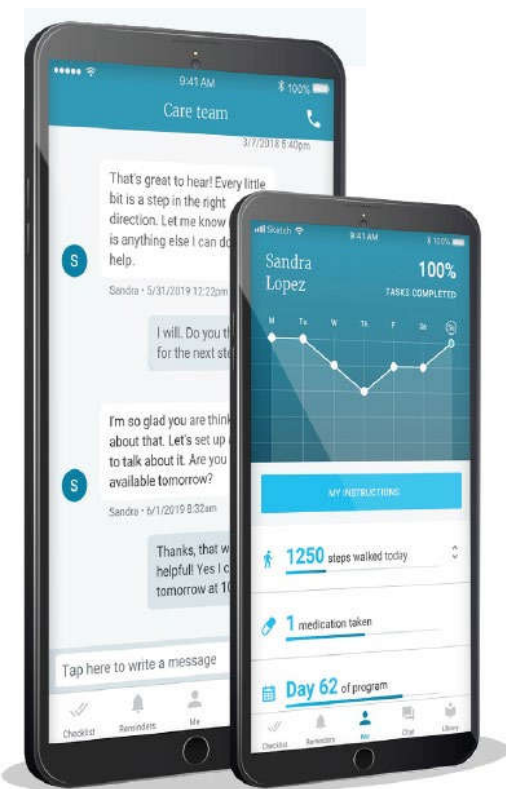


Care Management Mobile App



With the Wellframe App, the Excellus BlueCross BlueShield Member Care Management team is available to help members with everyday questions or long-term guidance through complex medical conditions.



Care Management Programs Available

- Behavioral Health
 - Anxiety, Depression, Bipolar, PTSD, Substance Abuse, Schizophrenia
- Maternal Health
- Asthma
- Coronary Artery Disease
- Care Transitions
 - Pre-Procedure, Pre-Discharge, Post-Discharge (Surgical & Medical)
- Congestive Heart Failure
- Diabetes Prevention
- Hypertension (High Blood Pressure)
- Wellness & Prevention
 - Stress Management, Weight Loss, Physical Activity, Smoking, Gaps in Care



Health care experts and support at your fingertips

Once you download the Wellframe App, you're ready to:

- Connect with a dedicated Excellus care manager
- Create a personalized health plan and track progress
- Text with health care professionals at any time
- Receive daily tips, reminders, and videos
- Join programs within the app for additional support

HOW CAN I GET STARTED?



Visit wellframe.com/ **download** on your smartphone or tablet to install the Wellframe app.



Download the Wellframe app and select **Create New Account**.



Your access code is: **EXCELLUS**