

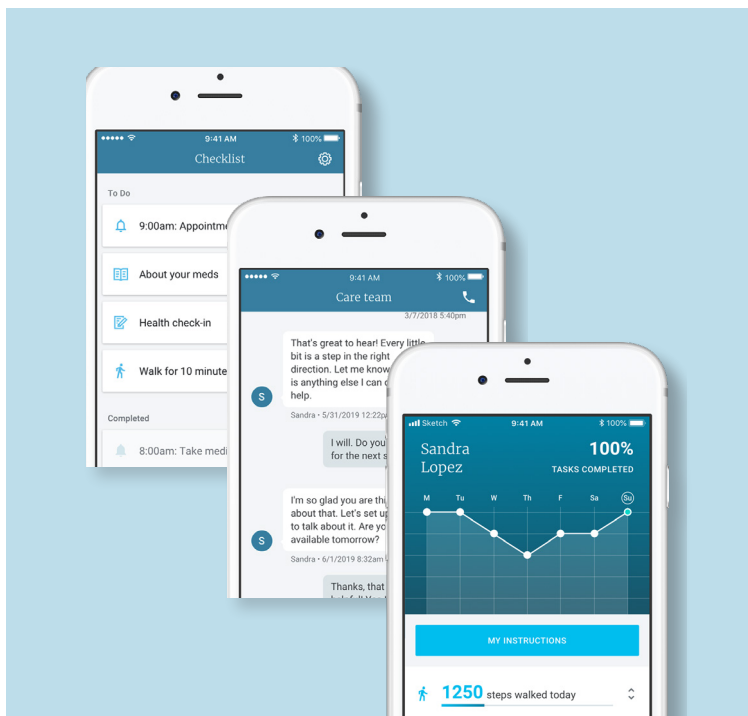
# HEALTH HAPPENS HERE

## Excellus BlueCross BlueShield Member Care Management

Because a little extra care can go a long way

From everyday questions to long term support, the Excellus BCBS Member Care Management team is here to help you get and stay healthy with Wellframe, an easy, convenient way to connect to guidance and advice from licensed health professionals.

Whenever you have a question about your health, you can use the Wellframe app to ask your Member Care Manager. The app turns your Care Manager's instructions into an easy to follow checklist, so you'll know what to do each day and your care team can be there to help along the way.



### Using Wellframe, your Member Care Manager can:

- 1 Help you learn how to better manage stress
- 2 Provide support when battling anxiety, depression, or substance abuse
- 3 Offer encouragement and tips as you quit smoking
- 4 Give guidance as you achieve your health and fitness goals

Excellus 

Powered by  Wellframe

## How Does It Work?

The Wellframe app lets you text with your Excellus BCBS Member Care Manager, a nurse who can answer medical questions about your health conditions or help you manage your medications, or your Health Advocate, who helps you stay on track with your health goals by providing support and encouragement whenever you need it.

Plus, using the app you can:

- Set up **reminders** to help you keep track of medications and appointments
- Access a **checklist** of daily tasks to complete
- Get a summary of your personal **progress**
- Find a library of helpful **articles** and **videos** about managing your health

## HOW CAN I GET STARTED?



Visit [wellframe.com/download](https://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**



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



Copyright © 2019, Excellus BlueCross BlueShield, a nonprofit independent licensee of the Blue Cross Blue Shield Association. All rights reserved. Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。