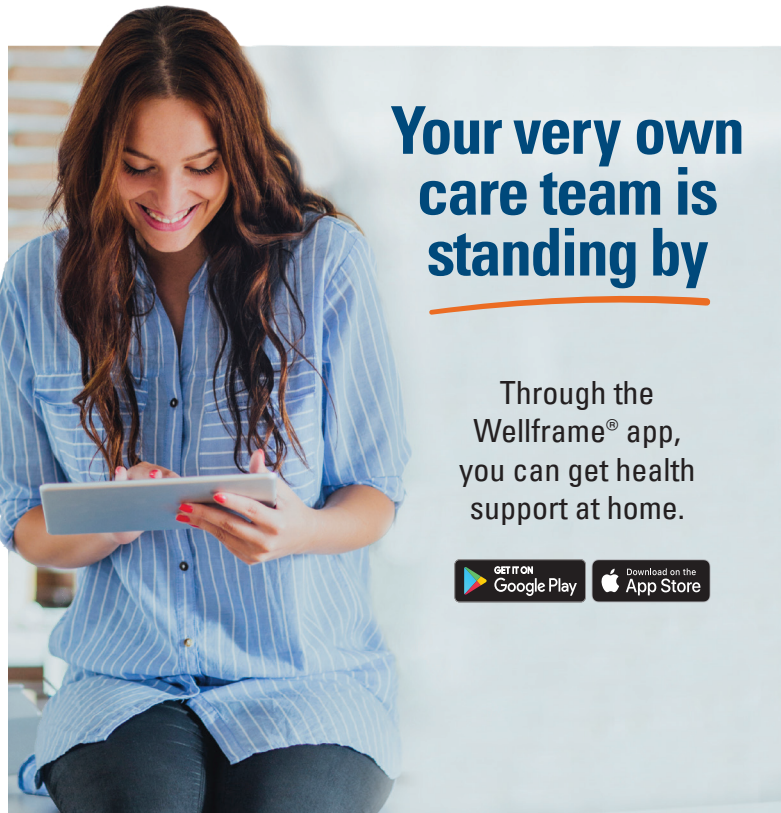




Your very own care team is standing by

Through the
Wellframe[®] app,
you can get health
support at home.



Excellus 

165 Court Street
Rochester, NY 14647

Free to all Excellus BlueCross BlueShield members, the Wellframe® app helps you take control of your health each and every day.

It's a convenient way to get instant access to a designated care manager, dietitians, nurses, and other health care professionals for confidential, text-based, one-on-one help. Chat support is available Monday - Friday, 8 a.m. - 5 p.m. You'll get guidance, support, and a personalized care plan to help manage issues like these:

- ✓ Substance Use
- ✓ Anxiety
- ✓ Depression
- ✓ Coronary Artery Disease
- ✓ Congestive Heart Failure
- ✓ Diabetes Management
- ✓ Maternal Health
- ✓ High Blood Pressure
- ✓ Asthma
- ✓ Stress Management
- ✓ Weight Loss
- ✓ Smoking Cessation
- ✓ Emotional Wellbeing



Scan here to download the Wellframe app today.
Use access code: excelluswelcome

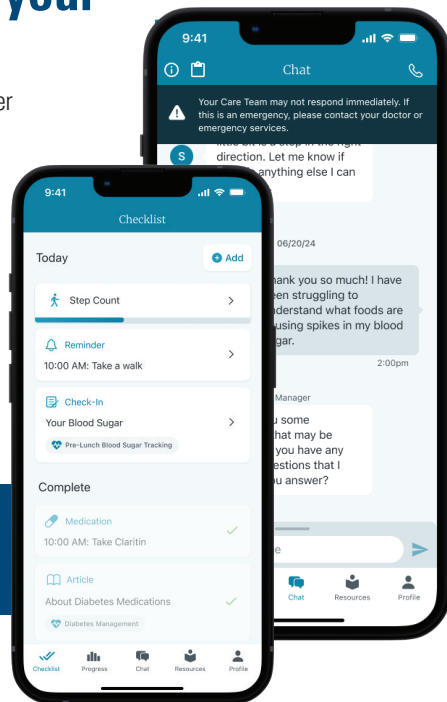
* Not for emergencies; dial 911 if you have life-threatening symptoms.

A nonprofit independent licensee of the Blue Cross Blue Shield Association. Wellframe is an independent company that provides a health and wellness support mobile app to Excellus BCBS members. 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

B-8150 / 18779-24M



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