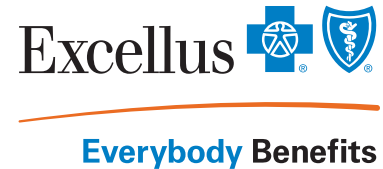




Wellframe[®] programs

Free to all Excellus BlueCross BlueShield members, Wellframe features 70+ interactive and personalized care programs.



Foundation programs		
Welcome program	Behavioral health and wellness	Pediatric caregiver
Medical and surgical care transitions program	Post-discharge behavioral health and wellness	Women's health
Maternal health	Oncology	Wellness and social support

Condition-specific programs			
Transitional care	Medical	Maternal health	Gestational diabetes
	Surgical		Gestational hypertension
	Coronary artery disease		Prenatal substance use
	Percutaneous coronary intervention		Multiple pregnancy
	Cardiac rehab		Maternal wellness for black women
	Chronic obstructive pulmonary disease		Prenatal and postpartum support
	Myocardial infarction	Behavioral health	Depression
	Congestive heart failure		Anxiety
	Total knee arthroplasty		Bipolar disorder
Chronic disease	Asthma		Schizophrenia
	Prediabetes support program		Substance use
	Diabetes management		Post traumatic stress disorder
	Coronary artery disease	Oncology	Behavioral health and wellness foundation
	Congestive heart failure		Cancer support
	Chronic obstructive pulmonary disease		Breast CA
	Hypertension		Lung CA
	Hyperlipidemia (high cholesterol)		Prostate CA
	Chronic kidney disease	Wellness and social support	Fall prevention
	Prep for dialysis		Helping yourself and others in a medical emergency
	Prep for vascular access		Making habits stick
	Hemodialysis		Preventive care
	Peritoneal dialysis		Social isolation
	Atrial fibrillation		Your health across your life

Condition-specific programs (cont)

Pediatric caregiver	Medical care transitions	Pediatric caregiver (cont)	Pneumonia pediatric caregiver
	NICU		Newborn wellness and prevention
	Behavioral health and wellness		
	Surgical care transitions	Women's health	Perimenopause
	Asthma	Pain management	Chronic back pain
	Type 1 diabetes pediatric caregiver		Migraines

Biometrics

Biometric tracking and monitoring	Daily steps	Biometric tracking and monitoring (cont)	Weekly weight
	Fasting blood glucose		Activity report
	2 Hour postprandial blood glucose		
	Daily weight and edema	Prenatal biometrics monitoring	Daily blood pressure
	Daily and weekly pain		Fasting blood glucose 1x daily
	Daily and weekly blood pressure		Postprandial blood glucose
	Daily peak flow		Prenatal weekly weight

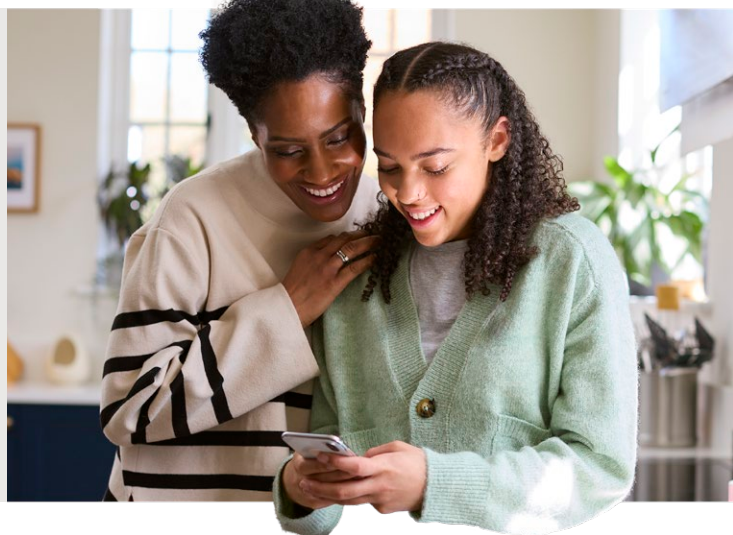
Program supplements

Physical activity	Stress management	Smoking cessation
Caregiver support	Weight loss	



Questions?

Please call our Member Care Management Team at 1-877-222-1240 (TTY 711) between 8 a.m. and 5 p.m.



Wellframe is an independent company that provides a health and wellness support mobile app to Excellus BlueCross BlueShield members.

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