

EXCELLUS BLUECROSS BLUESHIELD MATERNITY CARE

MATERNITY SUPPORT IS ALWAYS BY YOUR SIDE.

With the Wellframe® app, pregnancy support and encouragement are with you when you need it. It's just one part of the Maternity Care Program included with your membership – and one of the easiest ways to get more peace of mind.



Text a Registered Nurse Care Manager

Ask questions, get answers, and stay connected to maternity care anytime



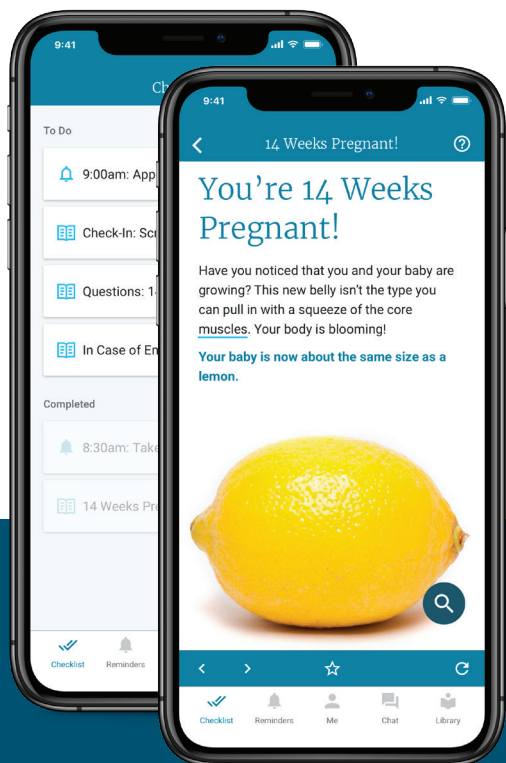
Create personalized plans

Complete daily to-do lists and get information to support each stage of your pregnancy



Enjoy helpful reminders

Easily keep track of your medications, doctor appointments, and more



Wellframe® offers emotional health support, too.

Pregnancy can be an emotional time for everyone. With Wellframe®, parents can join programs to help with everything from general wellness to anxiety and depression.

Download the
FREE app today

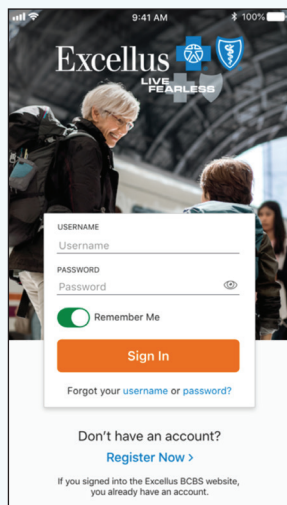


Download on the
App Store

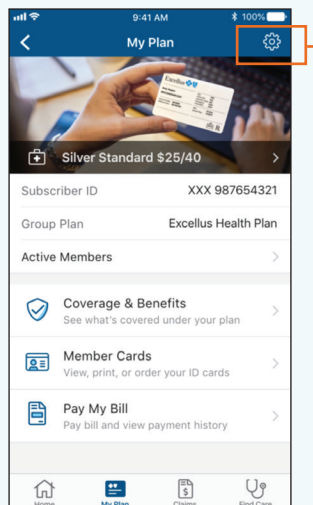
GET IT ON
Google Play

A GREAT START FOR GROWING FAMILIES.

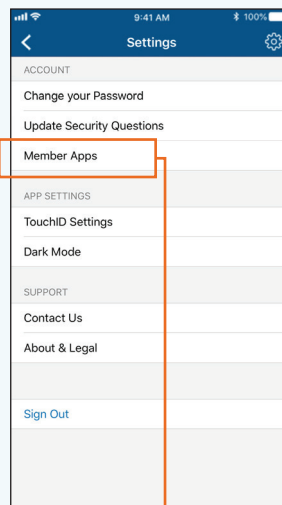
To get started with the Wellframe® app, follow these simple steps:



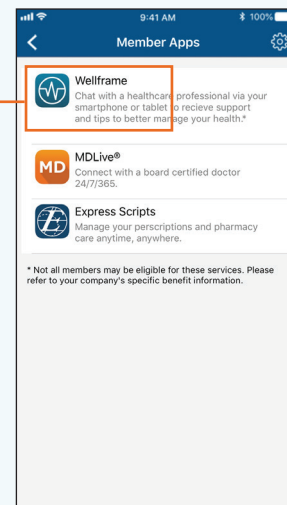
- 1 Download the **Excellus BCBS app** and register your online account.



- 2 Open your **Excellus BCBS app** and click the settings icon on the top right.



- 3 Click **Member Apps** from the dropdown menu.



- 4 Click **Wellframe®** and enter code **"EXCELLUS"** to download.

More than maternity.

Wellframe® delivers continued care.

Whether you want to get more active, eat better, or manage specific conditions, Wellframe® makes it easy to meet your health and wellness goals.



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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。

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