

# 5 WAYS TO USE THE WELLFRAME® APP TO KEEP YOUR DIABETES IN CHECK.

Free to all Excellus BlueCross BlueShield members, the Wellframe® mobile app puts answers, tools, educational materials, and more at your fingertips, so you have all the confidence you need to stay in control of your diabetes.

1



TEXT A CARE MANAGER

If you have a question about your diabetes, medications, or tests, an Excellus BCBS Registered Nurse Care Manager is just a text away and ready to help.

2



GET A PERSONALIZED HEALTH PLAN

Stay motivated to exercise, eat right, and get all your diabetes-specific exams and tests by following your care program right in the app.

3



SET UP MEDICATION REMINDERS

Get notifications on your phone when it's time for your medications, so you can take them as prescribed and maximize their effectiveness.

4



CONNECT WITH A DIETITIAN

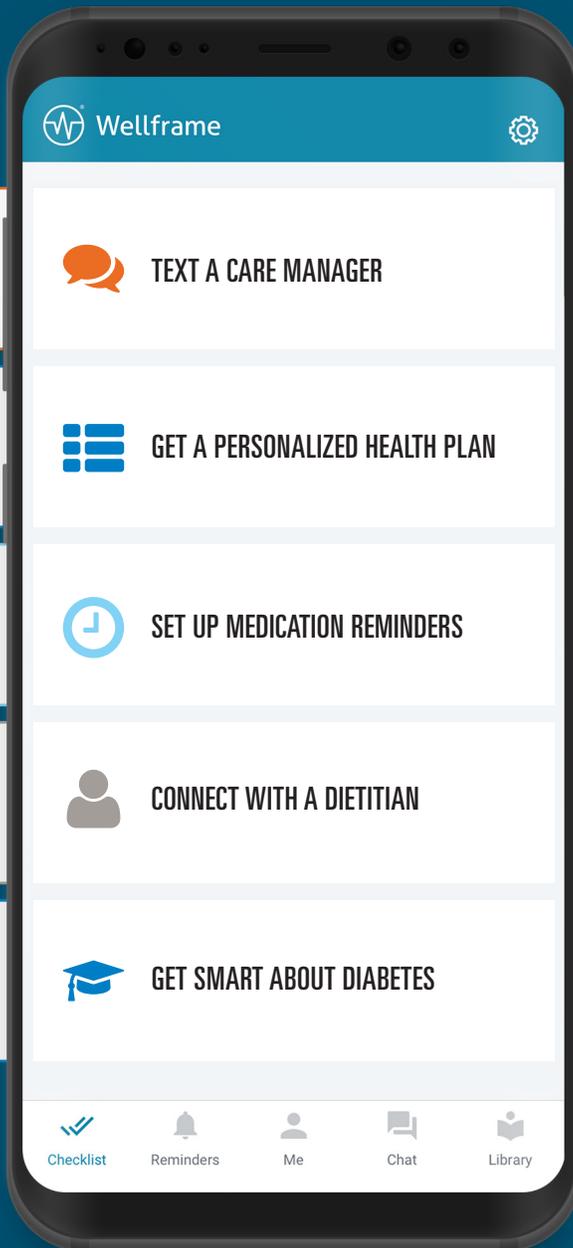
Connect with an Excellus BCBS dietitian to create a healthy eating plan that works for you and helps control your blood sugar throughout the day.

5



GET SMART ABOUT DIABETES

Join the Diabetes Management Program in the app to access helpful educational materials that can help you understand the dos and don'ts of your condition.



Wellframe® makes it easier for anyone to meet their health and wellness goals.

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



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

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