

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.

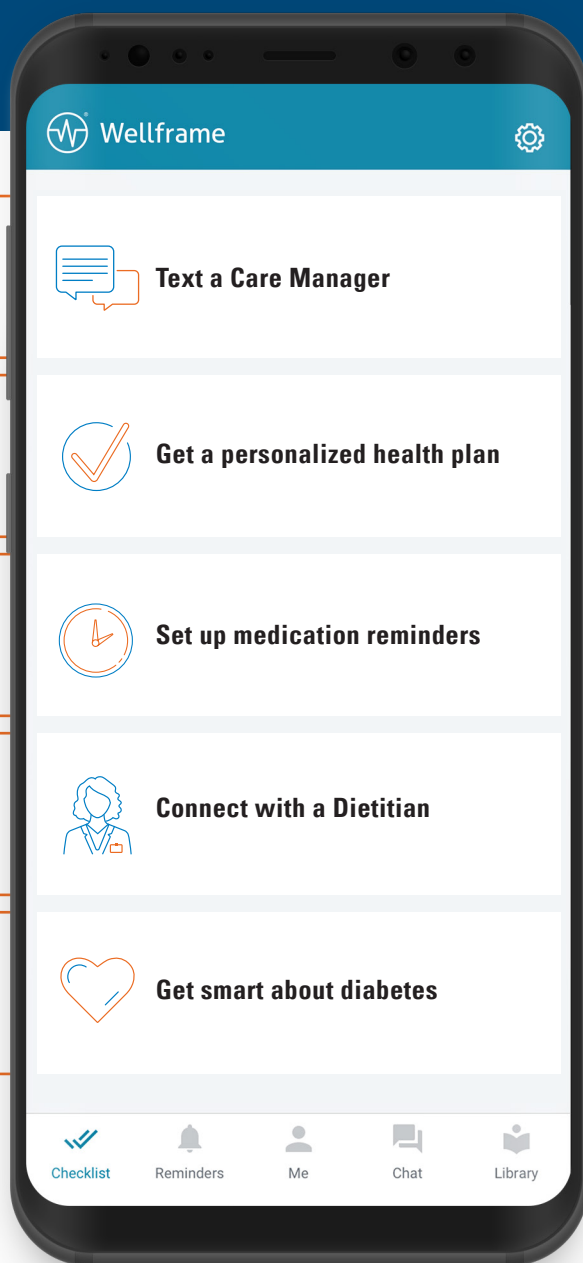
5



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.
Copyright © 2020, Excellus BlueCross BlueShield, a nonprofit independent licensee of the Blue Cross Blue Shield Association.
All rights reserved.
B-7490 rev 12.24/19844-24M

Excellus

Everybody Benefits