

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.



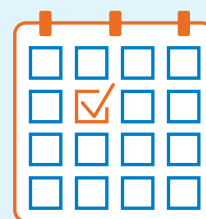
## Text a Registered Nurse Care Manager

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



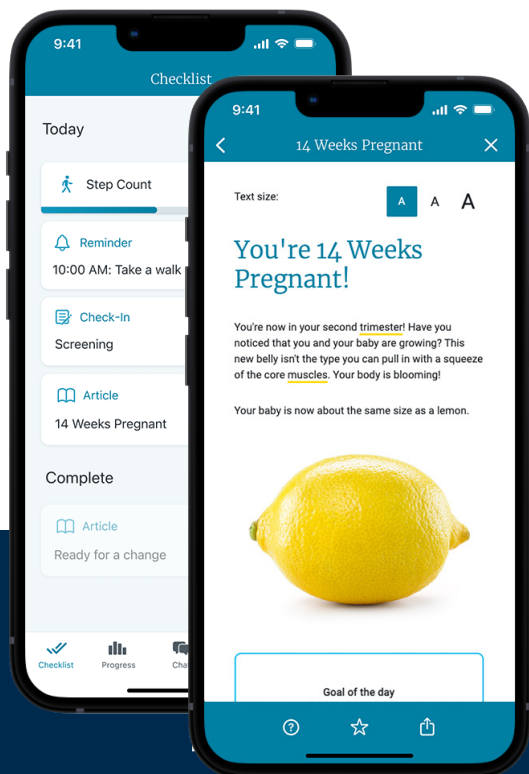
## Get personalized plans

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.

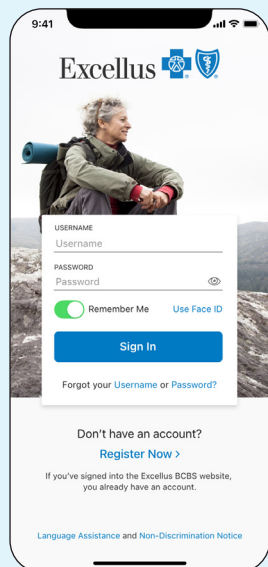
Pregnancy can be an emotional time for everyone. With Wellframe®, parents can join programs to help with everything from general wellness to anxiety and depression.

Download the  
**FREE app today**

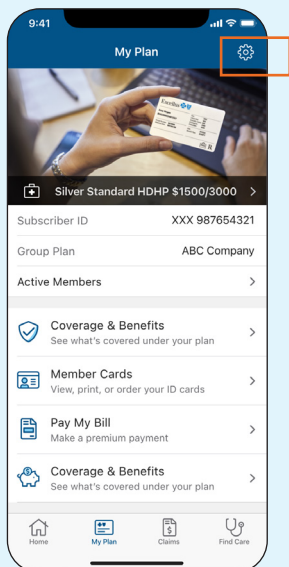


# A great start for growing families.

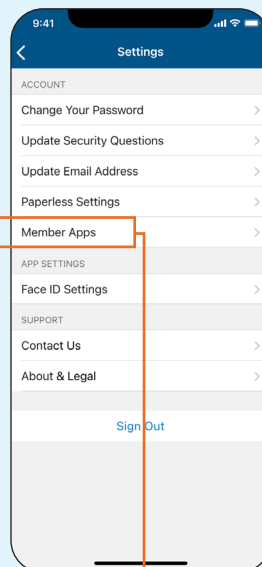
To get started with the Wellframe® app, follow these simple steps:



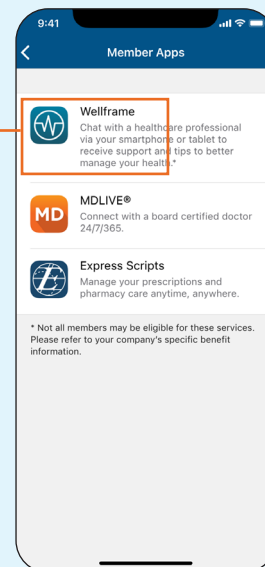
- 1** Download the **Excellus BCBS app** and register your online account.



- 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 **"excellusbegin"** 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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