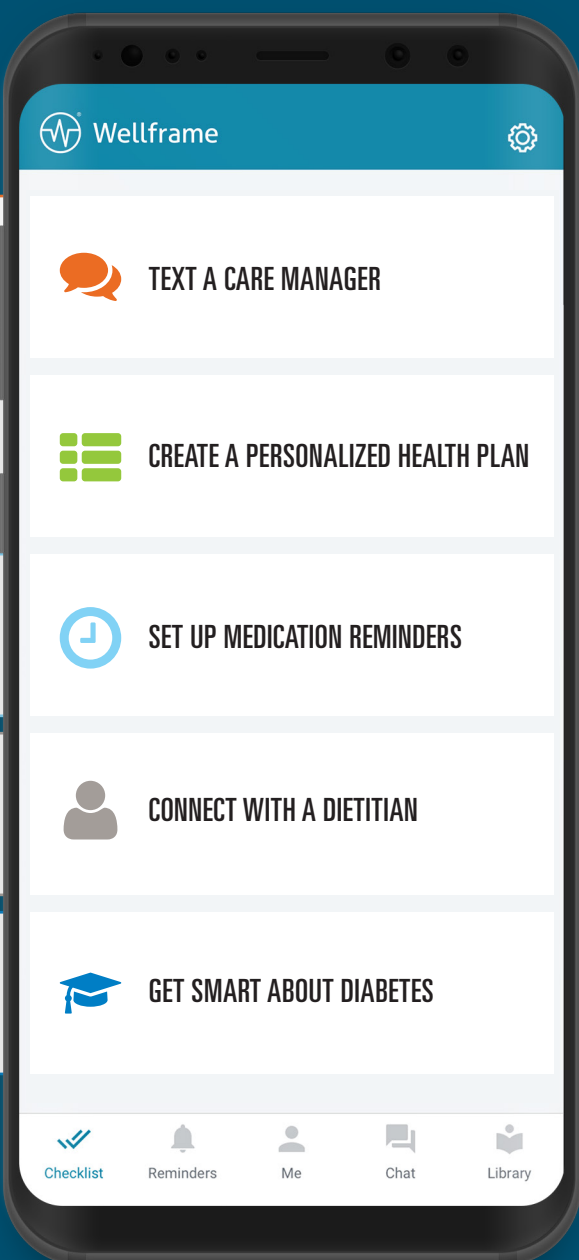







5 WAYS TO USE THE WELLFRAME® APP TO KEEP YOUR DIABETES IN CHECK.

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	 CREATE A PERSONALIZED HEALTH PLAN	Keep yourself motivated to exercise, eat right, and get all your diabetes-specific exams and tests by setting up to-do lists right within 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 easy for anyone to meet their health and wellness goals.

Download the **FREE** app today.



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Excellus  

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