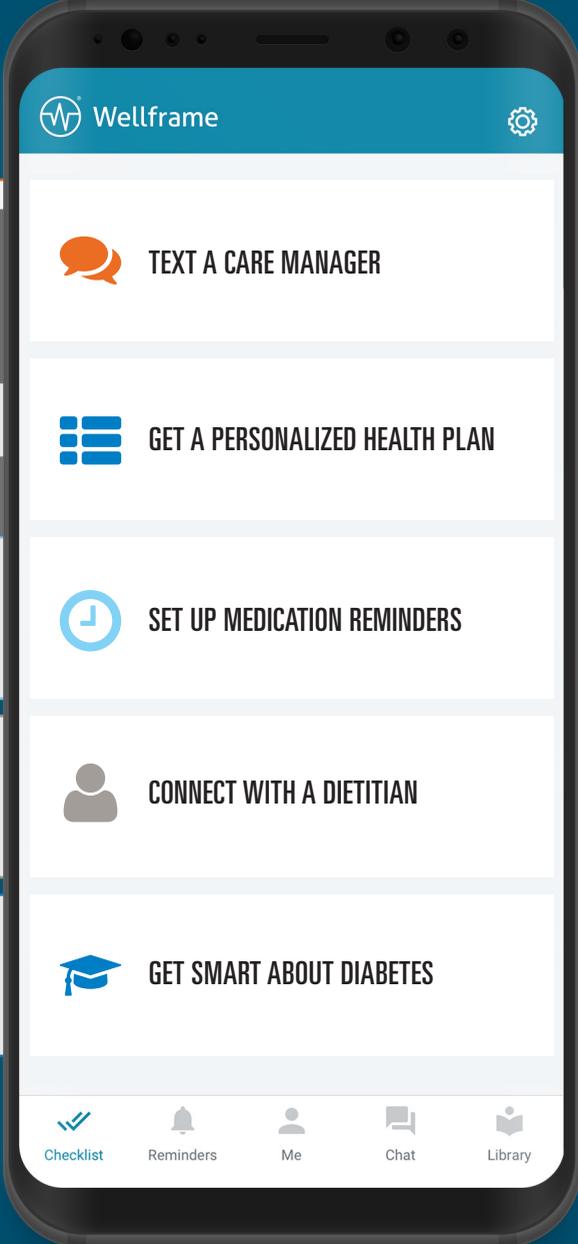


# 5 WAYS TO USE THE WELLFRAME® APP TO KEEP YOUR DIABETES IN CHECK.

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.



The image shows a smartphone displaying the Wellframe app interface. The app has a blue header with the Wellframe logo and a settings gear icon. Below the header, there are five numbered steps, each with an icon and a description:

- 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.

At the bottom of the app screen, there is a navigation bar with five icons: Checklist, Reminders, Me, Chat, and Library.

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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