

# 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



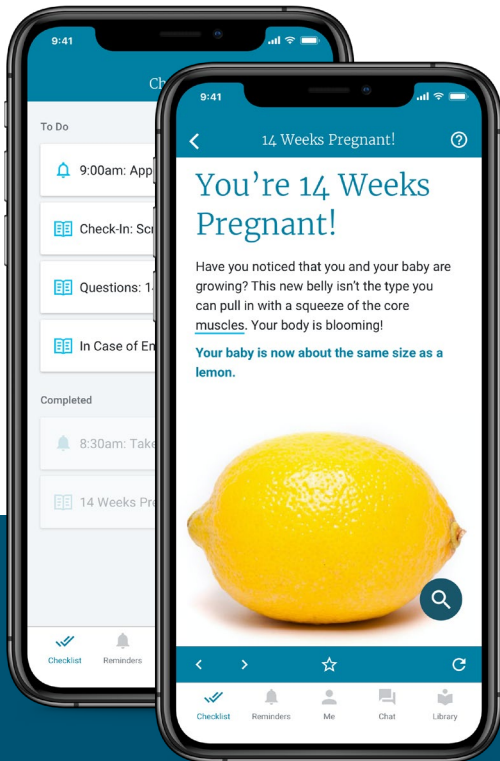
## Get personalized plans

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**

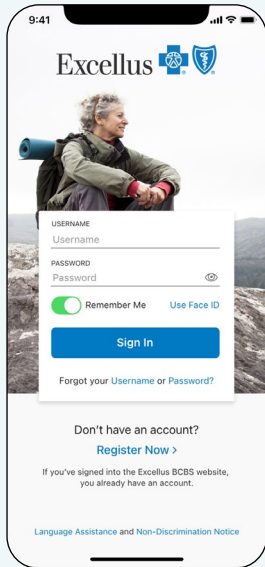


Download on the  
**App Store**

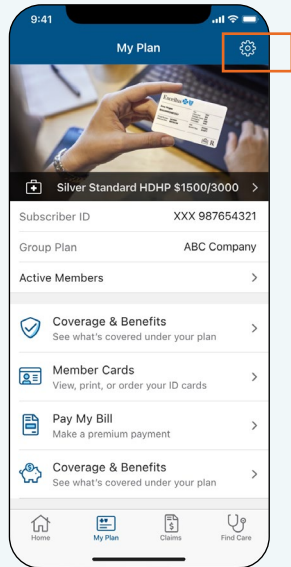
GET IT ON  
**Google Play**

# A great start for growing families.

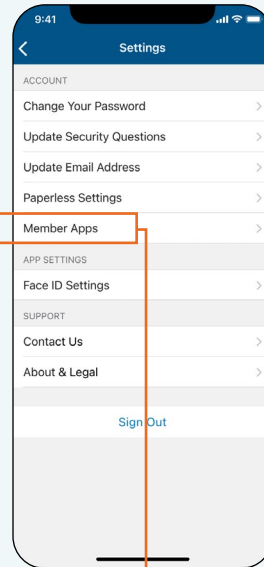
To get started with the Wellframe® app, follow these simple steps:



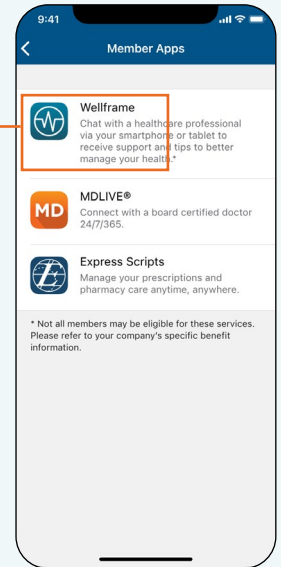
- 1** Download the **Excellus BCBS app** and register your online account.



- 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 **"excelluswelcome"** 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.



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

Copyright © 2021, Excellus BlueCross BlueShield, a nonprofit independent licensee of the Blue Cross Blue Shield Association. All rights reserved.

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

B-7726 / 18535-23M / REV 11/23 A11y\_CRG\_112823