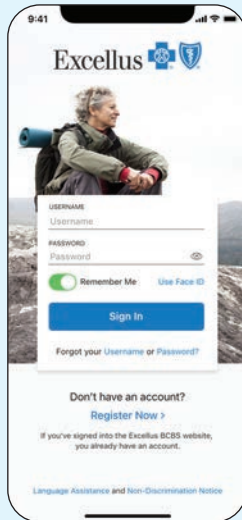


GET READY FOR A MORE CONVENIENT HEALTH CARE EXPERIENCE

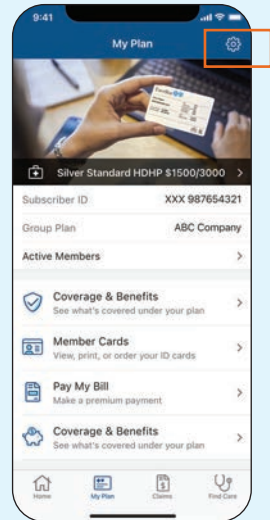
# Your Wellframe<sup>®</sup> quick start guide

Free to all Excellus BlueCross BlueShield members, the Wellframe<sup>®</sup> App gives you instant access to a dedicated care manager, dietitians, nurses, and other health care professionals to help you meet your health and wellness goals.

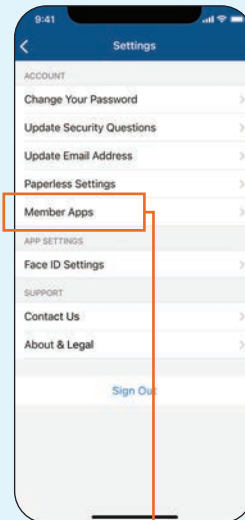
To get started, follow these simple steps:



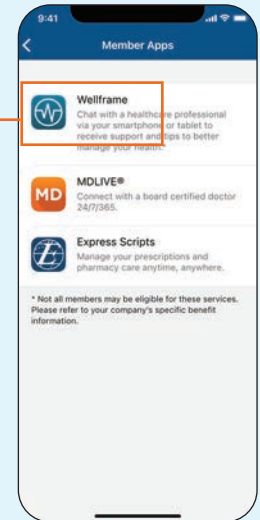
- 1 Download the **Excellus BCBS app** and register your online account.



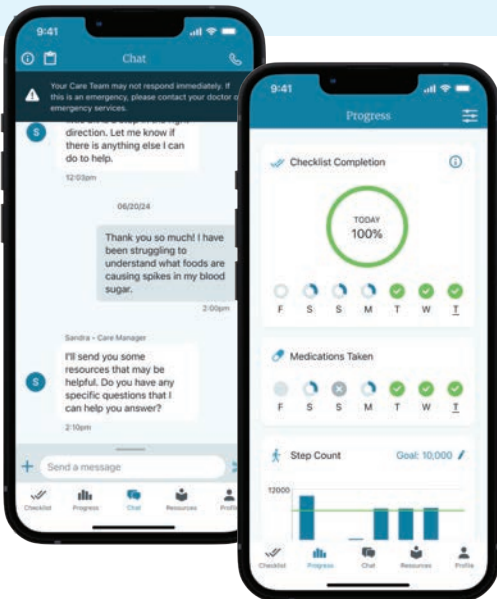
- 2 Open your **Excellus BCBS app** and click the settings icon on the top right.



- 3 Click **Member Apps** from the dropdown menu.



- 4 Click **Wellframe<sup>®</sup>** and enter code "**excelluswelcome**" to download.



## Health care experts and support at your fingertips

Once you download Wellframe<sup>®</sup>, you're ready to:

- Connect with a dedicated care manager
- Create a personalized health plan and track progress
- Text with health care professionals at any time
- Receive daily tips, reminders, and videos
- Join programs based on your health needs for additional support



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。  
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