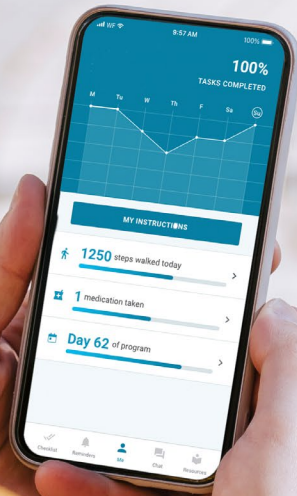


# Your very own care team is standing by

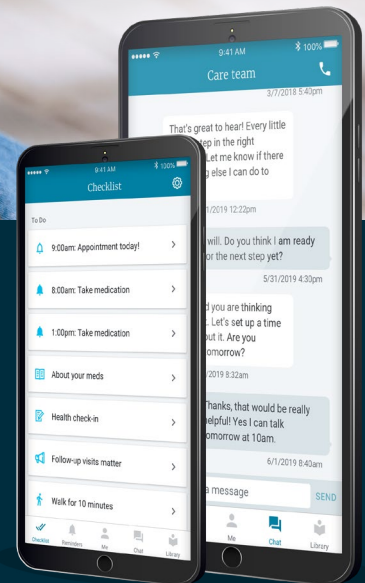


## Did you know?

Your health plan benefits include support from a care management team made up of health care professionals like dietitians, nurses, and health advocates. Through the Wellframe® app, you can get health support at home, feel less frustrated about managing your health, understand what to do day-to-day to feel your best, and keep track of what you need to do between doctor's visits.

## Getting started is easy.

Scan here to download the  
**FREE Wellframe app today.**  
Use access code: **excelluswelcome**



Copyright © 2019, Excellus BlueCross BlueShield, a nonprofit independent licensee of the Blue Cross Blue Shield Association. All rights reserved. Wellframe is an independent company that provides a health and wellness support mobile app to Excellus BCBS members. 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-8491 / 18486-23W A11y\_111523CRG

Excellus 

Everybody Benefits