Would you like **more energy** to keep up with the kids or grandkids?

Are you planning a bucket list trip and want to know your **stamina** won't get in the way of experiencing your destination to the fullest?

Do you want to change your eating habits to a **healthier diet** but aren't sure where to start?

Has your primary medical provider told you that you have **pre-diabetes** and you want to reverse it?

We have the tools and resources needed to help you succeed and the best news is it's all available at your fingertips through a free mobile app! Re-frame your wellness with **Wellframe**®, a free mobile app that provides a wealth of on-demand education and support to keep you moving forward in your health improvement journey.

Got goals?



Excellus BlueCross BlueShield | Everybody Benefits

Wherever you are in your life's wellness journey, Excellus BlueCross BlueShield can help!

A nonprofit independent licensee of the Blue Cross Blue Shield Association

B-8855 / 20284-25VBP Y0028_10918_C

Excellus BlueCross BlueShield

Through Wellframe, you can:

- Securely communicate with a personal health coach through SMS messaging anytime day or night. Personal health coaches respond Monday through Friday from 8 a.m. to 5 p.m.
- Access registered dieticians for consultative support for your healthy eating and nutrition needs.
- Read articles that address topics like ways to get better sleep, how to manage stress, and tips for developing healthy eating habits.
- Try out new healthy eating habits using in-app recipes that are both healthy and delicious. Many other recipes are available from your personal health coach as well!



Your personal health coach can also help you navigate **Blue365**®, a national program that's part of your Excellus BlueCross BlueShield membership. Whether it is travel advice or fitness gear, Blue365® gives you access to special savings on health-related products and services, making it easier and more affordable to make healthy choices.

Things like:

- Gym memberships, equipment, apparel, and other fitness related items
- Vitamins and supplements, meal delivery subscriptions, snacks and more
- Hearing and vision products and services
- Personal care, home and family, and even travel products and services!

To begin or enhance your journey to re-frame your wellness, simply contact Excellus BlueCross BlueShield Care Management Intake at

877-222-1240 (TTY 711)
8 a.m. – 5 p.m. ET,
Monday through Friday,

or log in to your member account at

ExcellusBCBS.com/Wellframe
and use the access code
excelluswelcome