



WELLFRAME[®] PROGRAMS

Free to all Excellus BlueCross BlueShield members, Wellframe features 70+ interactive and personalized care programs.

FOUNDATION PROGRAMS

- Welcome Program
- Medical and Surgical Care Transitions Program
- Maternal Health
- Behavioral Health and Wellness
- Post-Discharge Behavioral Health and Wellness
- Oncology
- Pediatric Caregiver

CONDITION-SPECIFIC PROGRAMS

Transitional Care	Medical	Maternal Health	Gestational Diabetes	
	Surgical		Gestational Hypertension	
	Coronary Artery Disease		Substance Abuse	
	Percutaneous Coronary Intervention		Multiple Pregnancy	
	Cardiac Rehab		Behavioral Health	Depression
	Chronic Obstructive Pulmonary Disease			Anxiety
	Myocardial Infarction			Bipolar Disorder
	Congestive Heart Failure			Schizophrenia
	Total Knee Arthroplasty			Substance Abuse
	Post Traumatic Stress Disorder			
Chronic Disease	Asthma	Oncology	Cancer Support	
	Prediabetes Support Program		Breast CA	
	Diabetes Management		Lung CA	
	Congestive Heart Failure	Prostate CA	Pediatric Caregiver	Transitions of Care Medical
	Chronic Obstructive Pulmonary Disease	NICU		
	Coronary Artery Disease	Behavioral Health & Wellness		
	Hypertension	Transitions of Care Surgical		
	Hyperlipidemia (high cholesterol)	Asthma		
	Chronic Kidney Disease	Pain Management	Chronic Back Pain	
	Prep for Dialysis		Migraines	
	Prep for Vascular Access			
	Hemodialysis			
	Peritoneal Dialysis			
Atrial Fibrillation				

BIOMETRICS & REMINDERS

Biometric Tracking and Monitoring	Daily Steps
	Fasting Blood Glucose
	2 Hour Postprandial Blood Glucose
	Daily Weight and Edema
	Daily and Weekly Pain
	Daily and Weekly Blood Pressure
	Daily Peak Flow
	Daily Blood Oxygen Saturation
	Weekly Weight
Activity Report	
Prenatal Biometrics Monitoring	Daily Blood Pressure
	Fasting Blood Glucose 1x Daily
	Postprandial Blood Glucose
	Prenatal Weekly Weight

PROGRAM SUPPLEMENTS

Physical Activity
Caregiver Support
Stress Management
Weight Loss
Smoking Cessation



QUESTIONS?

Please call our Member Care Management Team at **1-877-222-1240** (TTY 711) between 8 a.m. and 5 p.m.



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