

# YOUR CARE TEAM is standing by

Introducing the **Wellframe** mobile app

## What is Wellframe?

Wellframe is a mobile app for your smartphone or tablet that connects you to your **Blue Cross & Blue Shield of North Carolina** team and gives you a personalized daily health program.

Wellframe will help you know what steps you can take to manage your health each day. You can feel more in control of your health and get long-term support from a care team that includes nurses and other staff.

## How can I get started?

### Step 1

Visit [wellframe.com/download](http://wellframe.com/download) on your smartphone or tablet to install the Wellframe app.

### Step 2

Download the Wellframe app and select **Create New Account**.

### Step 3

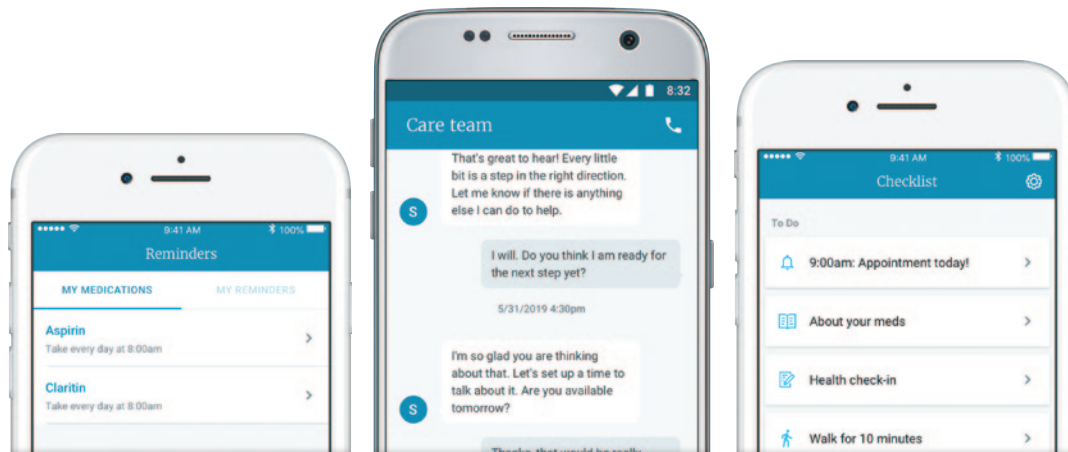
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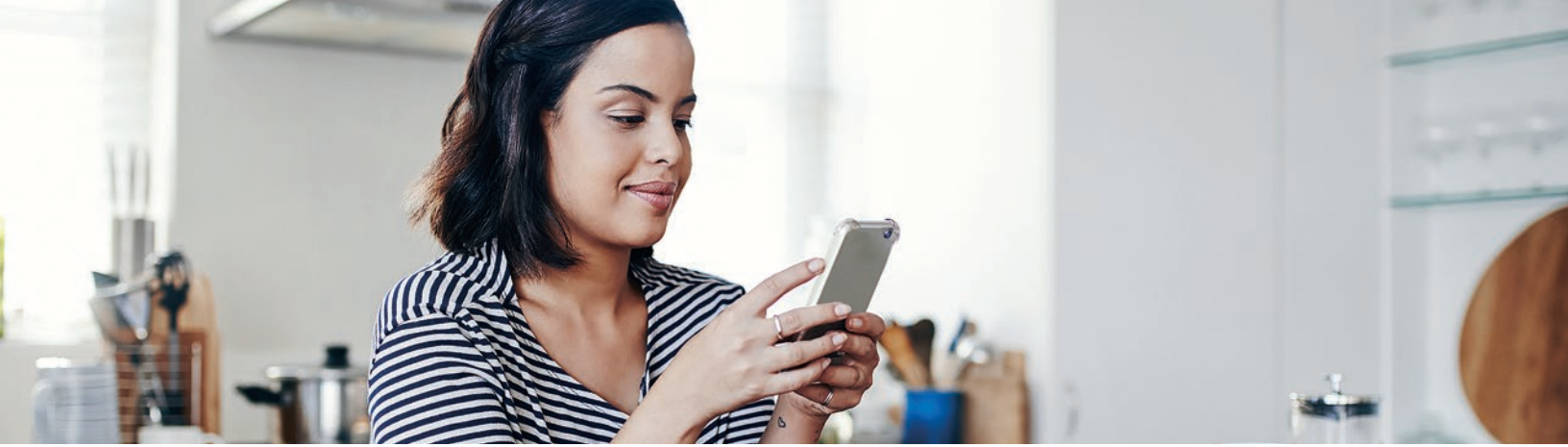
## Questions?

Email [help@wellframe.com](mailto:help@wellframe.com)



Available for smartphone and tablet.





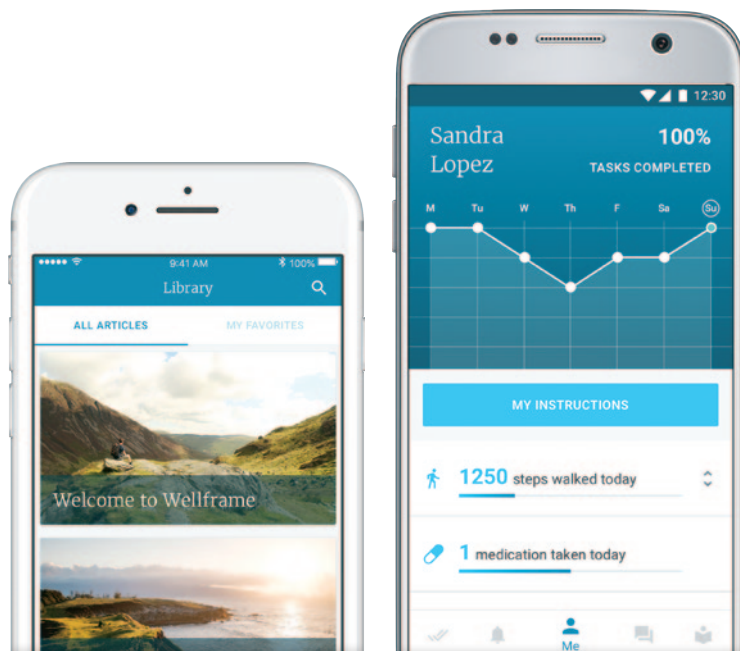
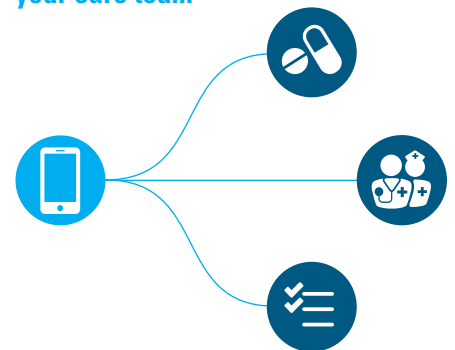
# ABOUT CARE MANAGEMENT

Wellframe connects you directly to your care team – a group of nurses and other staff who are there to support you. They are there to help you feel the best you can. Wellframe gives you health resources when you need them:

- + You can **Chat** with your care team. Your care manager can answer medical questions. They can also connect you to services. They can give support whenever you need it.
- + Your **Checklist** will have a daily list of tasks to complete and helpful articles to read about your health, all chosen by your care manager based upon your unique condition.
- + You can set up **Reminders** on your phone to help you keep track of your medications and appointments.
- + The **Me** tab shows a summary of your progress.
- + Your **Library** contains articles about your health, as chosen by your care manager.

## Connect

Wellframe connects you directly to your care team



## Get started now!

Visit [wellframe.com/download](https://wellframe.com/download) on your smartphone or tablet to install the Wellframe app.

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