

**Through the Wellframe[®]
app, you can get health
support at home.**

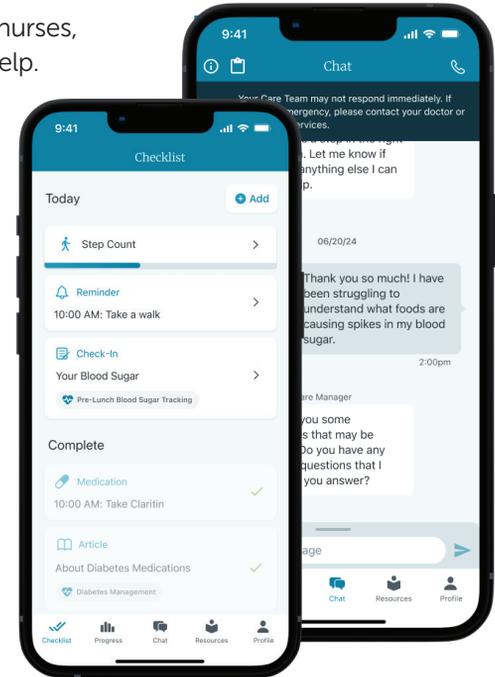
univera[®]
HEALTHCARE

205 Park Club Lane
Buffalo, NY 14221

Free to all Univera Healthcare members, the Wellframe® app helps you manage your health each and every day.

It's an easy way to get instant access to a designated care manager, dietitians, nurses, and other health care professionals for confidential, text-based, one-on-one help. Chat support is available Monday - Friday, 8 a.m. - 5 p.m. You'll get guidance, support, and a personalized care plan to help manage issues like these:

- Substance Use
- Anxiety
- Depression
- Coronary Artery Disease
- Congestive Heart Failure
- Diabetes Management
- Maternal Health
- High Blood Pressure
- Asthma
- Stress Management
- Weight Loss
- Smoking Cessation
- Emotional Wellbeing



Scan here to download the Wellframe app today.

Use access code: univerawelcome



* Not for emergencies; dial 911 if you have life-threatening symptoms.

Wellframe is an independent company that provides a health and wellness support mobile app to Univera Healthcare 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。

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