



# WELLFRAME<sup>®</sup> Programs

Free to all Univera Healthcare members, Wellframe features 70+ interactive and personalized care programs that support the holistic needs of employees.

## 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

<b>Transitional Care</b>	Medical	<b>Maternal Health</b>	Gestational Diabetes
	Surgical		Gestational Hypertension
	Coronary Artery Disease		Substance Abuse
	Percutaneous Coronary Intervention		Multiple Pregnancy
	Cardiac Rehab	<b>Behavioral Health</b>	Depression
	Chronic Obstructive Pulmonary Disease		Anxiety
	Myocardial Infarction		Bipolar Disorder
	Congestive Heart Failure		Schizophrenia
	Total Knee Arthroplasty		Substance Abuse
<b>Chronic Disease</b>	Asthma		Post Traumatic Stress Disorder
	Prediabetes Support Program	<b>Oncology</b>	Cancer Support
	Diabetes Management		Breast CA
	Congestive Heart Failure		Lung CA
	Chronic Obstructive Pulmonary Disease		Prostate CA
	Coronary Artery Disease	<b>Pediatric Caregiver</b>	Transitions of Care Medical
	Hypertension		NICU
	Hyperlipidemia (high cholesterol)		Behavioral Health & Wellness
	Chronic Kidney Disease		Transitions of Care Surgical
	Prep for Dialysis		Asthma
	Prep for Vascular Access	<b>Pain Management</b>	Chronic Back Pain
	Hemodialysis		Migraines
	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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Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex. Wellframe is an independent company that provides a health and wellness support mobile app to Univera Healthcare 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。