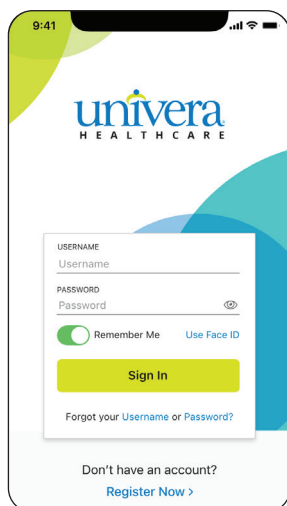


# Get ready for better care – anywhere

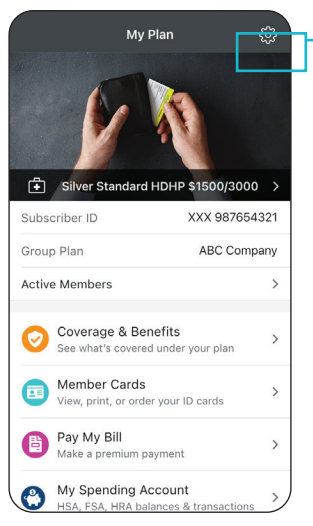
## Your Wellframe® Quick Start Guide

Free to all Univera Healthcare members, the Wellframe® app gives you instant access to our dedicated team of nurses, dietitians, and other health care professionals to help you get healthier on your schedule.

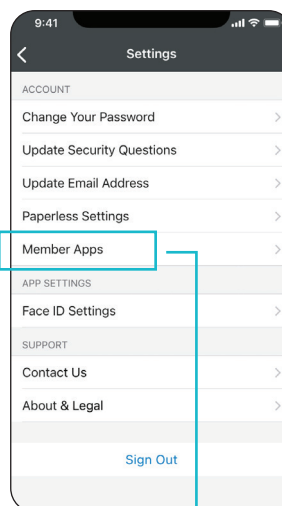
### Here's all you have to do:



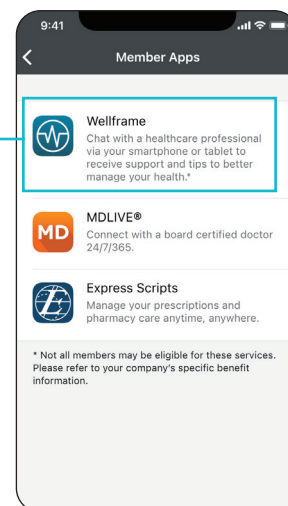
- 1 Download the **Univera Healthcare app** and register your online account.



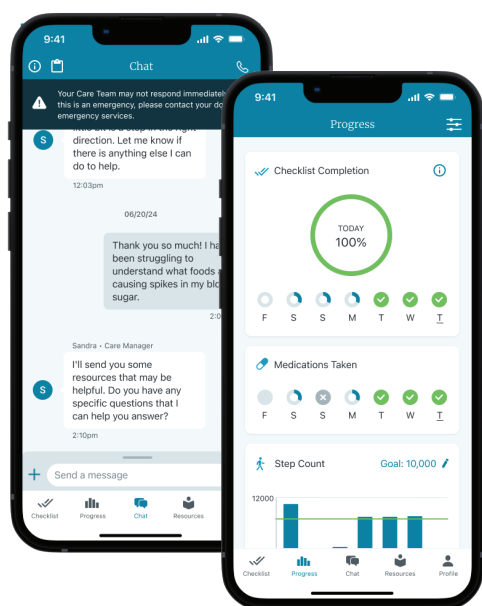
- 2 Open your **Univera Healthcare app** and click the settings icon on the top right.



- 3 Click **Member Apps** from the settings menu.



- 4 Click **Wellframe®** and enter code “**univerawelcome**” to download.



### Health care experts and support at your fingertips

Once you download Wellframe®, you're ready to:

- Connect with and text our dedicated team of health care professionals at any time
- Create a personalized health plan and track progress
- Receive daily tips, reminders, and videos
- Join programs based on your health needs for additional support

