**Email #1**

*Subject:*

Health care support at your fingertips

*Copy:*

Hi everyone,

For those who don’t already know, I want to share that your Univera Healthcare plan comes with a free way to chat with health care professionals from your smartphone. With the Wellframe® app you can connect to your care management team and easily access resources and tools to support you on your health journey.

Here are a few things you can do with the app:

* Chat with your care team
* Set appointment and medication reminders
* Access articles, videos and other resources related to your health
* Track your health progress
* And more!

The app is available on both Google Play and the App Store. Simply search Wellframe and use the activation code**:** **univerawelcome**

See the attached quick start guide to learn how to start using the Wellframe app today.

Thank you,

[Name]

*“Useful tool, particularly if there is a health problem that is not an emergency, but advice is needed. All you have to do is send a text.”*

—Wellframe user

**Email #2**

*Subject:*

Text your way to a healthier you

*Copy:*

Hi everyone,

Because we’re all members of Univera Healthcare, we have free access to a free care management app called Wellframe®.

What’s great about Wellframe is that it gives you a convenient way to get support from medical professionals with managing your health.

In short, it lets you text with a dedicated care manager for guidance, get help creating a personalized care plan, and more. Plus, your care manager will assign you a personal health coach, dietitian, nurse, or other health care professionals to help you meet your health and wellness goals.

The app is available on both Google Play and the App Store. Simply search Wellframe and use the activation code: **univerawelcome**

See the attached quick start guide to learn how to start using the Wellframe app today.

Thank you,

[Name]

**Email #3**

*Subject:*

Putting your health and wellness goals within reach

*Copy:*

Hi everyone,

Just a quick reminder that your Univera Healthcare plan includes free access to the Wellframe® app so you can text with health care professionals right from your phone.

Once you sign in, a dedicated care manager will reach out to you. From there, you can ask questions, get help creating a personalized care plan, enroll in specific programs, and work directly with health coaches, dietitians, nurses, or other experts within the app.

It’s a convenient way to get a little extra support with your health. And it’s all free because you have Univera Healthcare.

The app is available on both Google Play and the App Store. Simply search Wellframe and use the activation code: **univerawelcome.**

See the attached quick start guide to learn how to start using the Wellframeapp today.

Thank you,

[Name]

*“With the guidance of one of the health professionals at Univera Healthcare, I’ve lost 27 lbs. It’s like having your own personal coach.”*

—Wellframe user