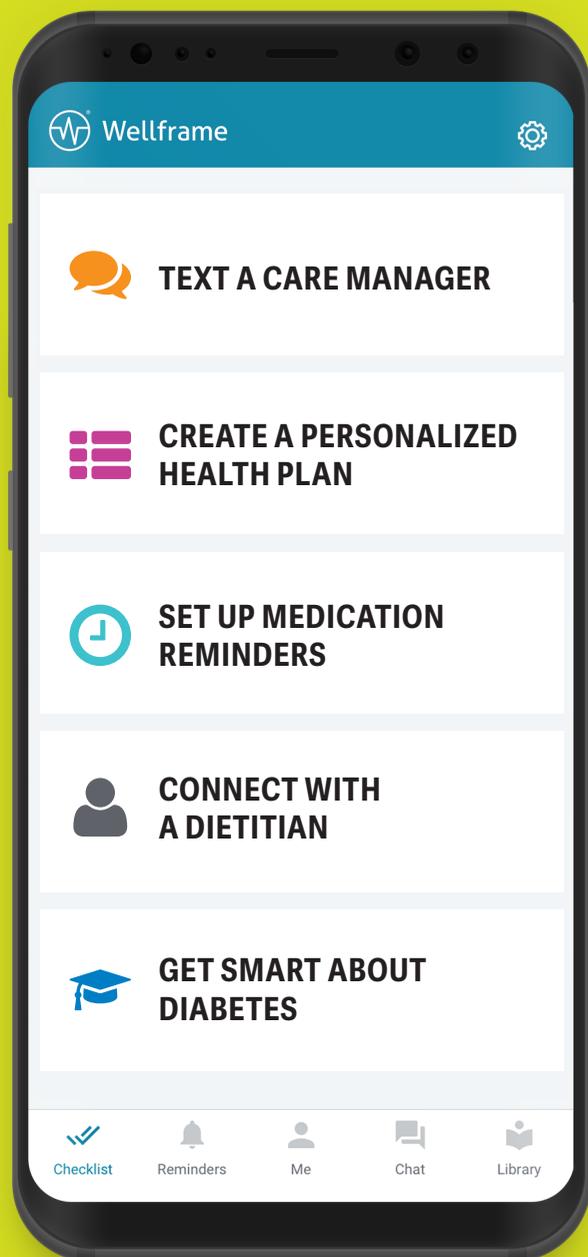


# Find the Diabetes Support You Need with the Wellframe® App

Free to all Univera Healthcare members, the Wellframe® mobile app puts answers, tools, educational materials, and more at your fingertips, so you have all the confidence you need to stay in control of your diabetes.



If you have a question about your diabetes, medications, or tests, a Univera Healthcare Registered Nurse Care Manager is just a text away and ready to help.

Keep yourself motivated to exercise, eat right, and get all your diabetes-specific exams and tests by setting up to-do lists right within the app.

Get notifications on your phone when it's time for your medications, so you can take them as prescribed and maximize their effectiveness.

Connect with a Univera Healthcare dietitian to create a healthy eating plan that works for you and helps control your blood sugar throughout the day.

Join the Diabetes Management Program in the app to access helpful educational materials that can help you understand the dos and don'ts of your condition.

Wellframe® makes it easy for anyone to meet their health and wellness goals.

**Download the FREE app today.**



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