

Maternity support is always by your side.

With the Wellframe® app, pregnancy support and encouragement are with you when you need it. It's just one part of the Maternity Care Program included with your membership – and one of the easiest ways to get more peace of mind.



Text a Registered Nurse Care Manager

Ask questions, get answers, and stay connected to maternity care anytime



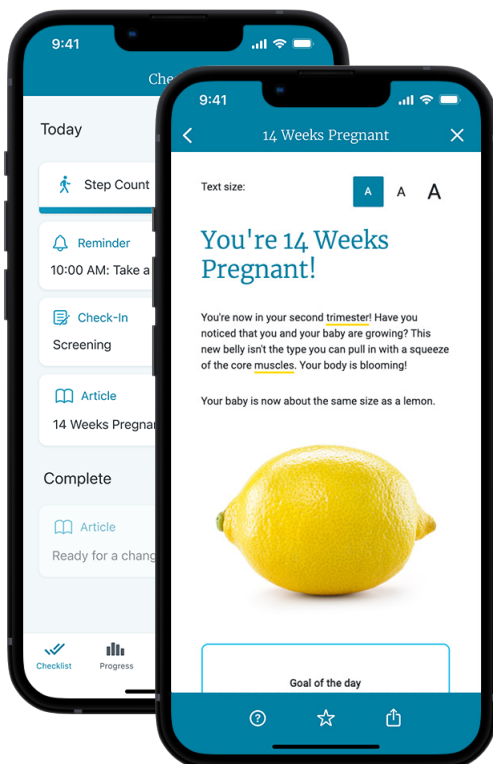
Get personalized plans

Complete daily to-do lists and get information to support each stage of your pregnancy



Enjoy helpful reminders

Easily keep track of your medications, doctor appointments, and more



Wellframe® offers emotional health support, too.

Pregnancy can be an emotional time for everyone. With Wellframe®, parents can join programs to help with everything from general wellness to anxiety and depression.

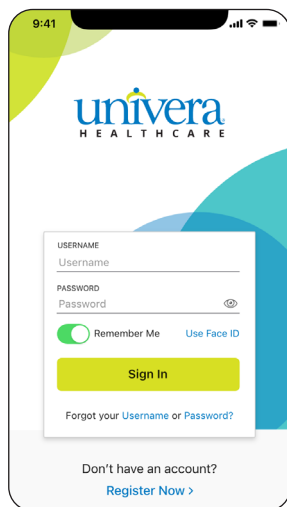
**Download the
FREE app today**



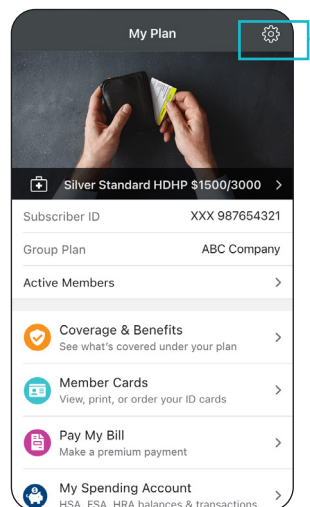


A great start for growing families

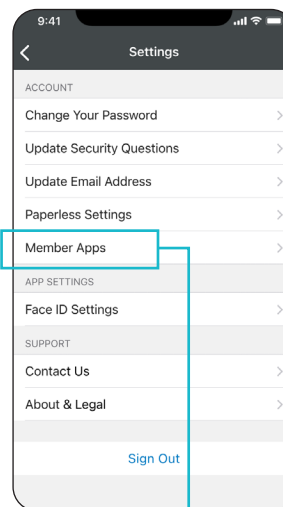
To get started with the Wellframe® app, here's all you have to do:



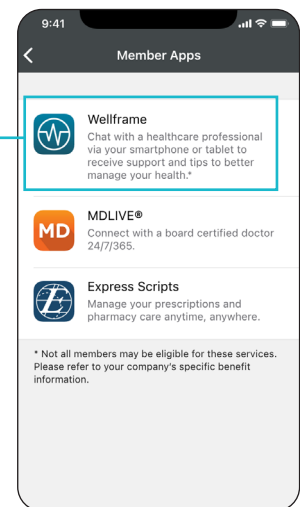
- 1 Download the **Univera Healthcare app** and register your online account.



- 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 **"univerabegin"** to download.



More than maternity. **Wellframe® delivers continued care.**

Whether you want to get more active, eat better, or manage specific conditions, Wellframe® makes it easy to meet your health and wellness goals.

