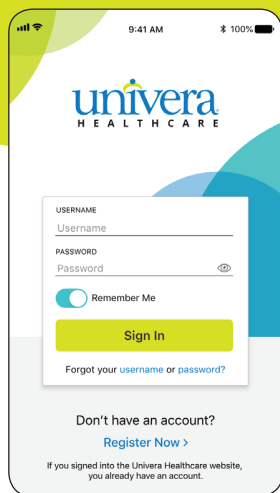


Get ready for better care – anywhere

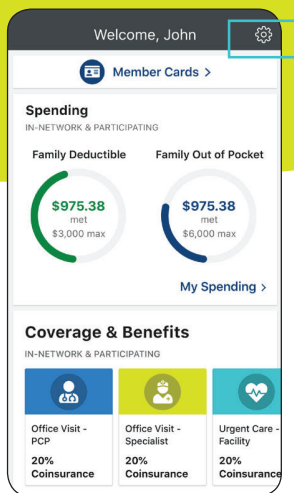
# Your Wellframe® Quick Start Guide

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.

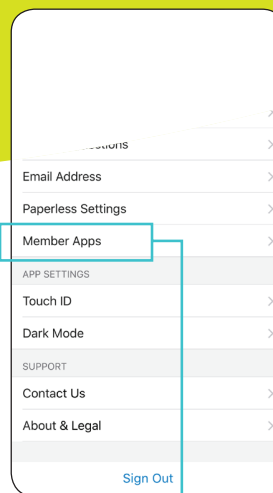
## Here's all you have to do:



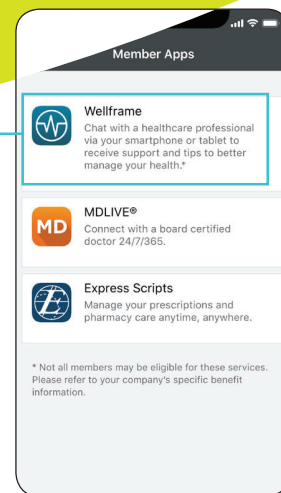
- 1 Download the **Univera Healthcare** app and register your online account.



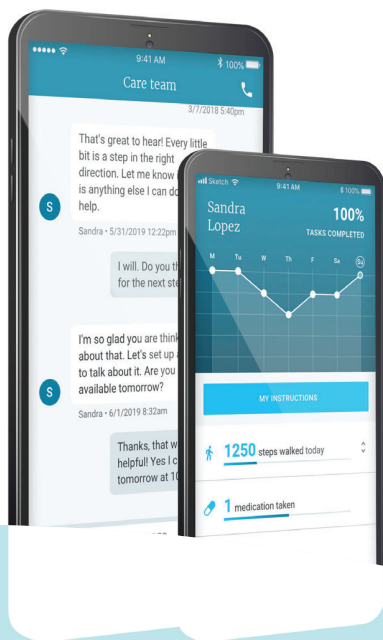
- 2 Open your **Univera Healthcare** app and click the settings icon on the top right.



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



- 4 Click **Wellframe®** and enter code "**UNIVERA**" 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 within the app for additional support



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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. 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。UN-2818

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