

Convenient care, just a text away



We believe health insurance shouldn't be something people use once in a while.

With the Wellframe® app, Care Managers can support your employees each and every day through one-on-one, confidential text-based messaging. Your employees get guidance, support, and personalized plans to help achieve their health goals.

- ▶ Employees and their families can text with licensed health care professionals when they need advice or support.
- ▶ Using these one-on-one conversations and your employee's data, we develop personalized care plans to keep employees healthy and complex conditions in check.
- ▶ Employees receive personalized information on nutrition, activity, weight loss, smoking cessation, diabetes, high blood pressure, and more.

Free mobile health support
from smartphones and tablets.





“My cholesterol is down, my triglycerides went from 600 to 300, my blood pressure is 118/52. These results are all because of you, who got me started, gave me the information that I needed and kept me going along the way. Thank you.”

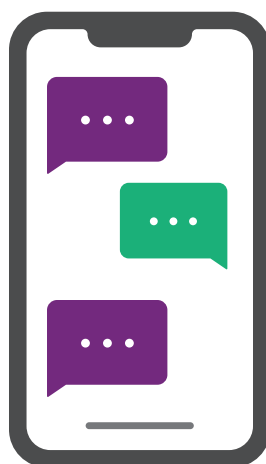
– CDPHP Wellframe user

Did You Know?

Employees average

49 TEXTS

with care managers compared to just 4.5 phone calls, and stay connected longer



Put continuous care at their fingertips

Wellframe can give your employees free access to help manage issues like these:

- ▶ Substance use
- ▶ Congestive heart failure
- ▶ Stress management
- ▶ Anxiety
- ▶ Diabetes management
- ▶ Weight loss
- ▶ Depression
- ▶ High blood pressure
- ▶ Smoking cessation
- ▶ Coronary artery disease
- ▶ Asthma
- ▶ Emotional wellbeing



To learn more about how Wellframe can improve outcomes and control costs, **talk to your broker or CDPHP Account Manager today.**



A plan for life.