

Health happens at home



Support when you need it, where you need it.

Need help keeping track of prescription refills? No problem. Need to find a support group or information about a diagnosis? We know just where to look. Need help caring for a family member? Just reach out; we're here for you.



What is Wellframe?

Wellframe is a mobile app for your smartphone or tablet that connects you to your CDPHP® Care Management team. Whenever you have a question about your health, use Wellframe to ask your case manager.

Wellframe turns your case manager's instructions into easy steps to follow. With Wellframe, you'll know what to do each day, and your care team will be there to help along the way.

How can I get started?

1

Visit wellframe.com/download on your smartphone or tablet to install the Wellframe app.
Email help@wellframe.com



2

Download the Wellframe app and select **Create New Account.**

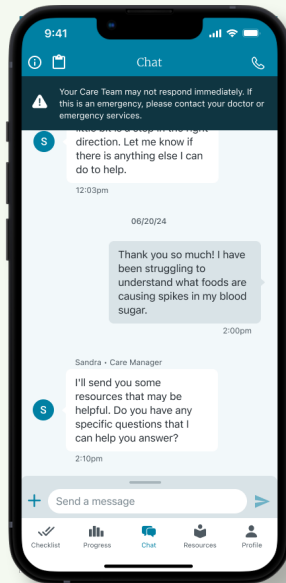
3

Your access code is:
CDPHPwelcome



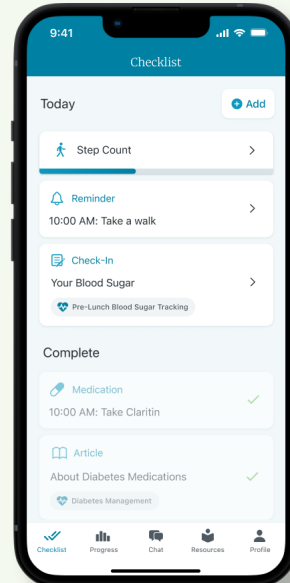
Wellframe

How does Wellframe work?



Chat with your **Care Team** whenever works best for you. A nurse case manager can answer medical questions or help you manage your medications.

Your **Health Advocate**, helps you stay on track with your health goals by providing support and encouragement whenever you need it.



Your **Checklist** will have a daily list of tasks to complete and helpful articles to read about your health.

You can set up **Reminders** on your phone to help you keep track of your medications and appointments.

The **Me** tab shows a summary of your progress. Learn more about managing your health in your **Library**, where you will find helpful articles and videos.

Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc., CDPHP Universal Benefits, Inc., and Capital District Physicians' Healthcare Network, Inc. (collectively referred to as CDPHP®) comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

Multi-language Interpreter Services

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。