



WELLFRAME[®] Programs

Free to all Univera Healthcare members, Wellframe features 70+ interactive and personalized care programs that support the holistic needs of employees.

Foundation Programs

Welcome Program
Medical and Surgical Care Transitions Program
Maternal Health
Behavioral Health and Wellness
Post-Discharge Behavioral Health and Wellness
Oncology
Pediatric Caregiver

Condition-Specific Programs

Transitional Care	Medical	Maternal Health	Gestational Diabetes	
	Surgical		Gestational Hypertension	
	Coronary Artery Disease		Substance Abuse	
	Percutaneous Coronary Intervention		Multiple Pregnancy	
	Cardiac Rehab		Behavioral Health	Depression
	Chronic Obstructive Pulmonary Disease			Anxiety
	Myocardial Infarction			Bipolar Disorder
	Congestive Heart Failure			Schizophrenia
	Total Knee Arthroplasty			Substance Abuse
	Post Traumatic Stress Disorder			
Chronic Disease	Asthma	Oncology	Cancer Support	
	Prediabetes Support Program		Breast CA	
	Diabetes Management		Lung CA	
	Congestive Heart Failure		Prostate CA	
	Chronic Obstructive Pulmonary Disease	Pediatric Caregiver	Transitions of Care Medical	
	Coronary Artery Disease		NICU	
	Hypertension		Behavioral Health & Wellness	
	Hyperlipidemia (high cholesterol)		Transitions of Care Surgical	
	Chronic Kidney Disease		Asthma	
	Prep for Dialysis		Pain Management	Chronic Back Pain
	Prep for Vascular Access	Migraines		
	Hemodialysis			
	Peritoneal Dialysis			
Atrial Fibrillation				

Biometrics & Reminders

Biometric Tracking and Monitoring

- Daily Steps
- Fasting Blood Glucose
- 2 Hour Postprandial Blood Glucose
- Daily Weight and Edema
- Daily and Weekly Pain
- Daily and Weekly Blood Pressure
- Daily Peak Flow
- Daily Blood Oxygen Saturation
- Weekly Weight
- Activity Report

Prenatal Biometrics Monitoring

- Daily Blood Pressure
- Fasting Blood Glucose 1x Daily
- Postprandial Blood Glucose
- Prenatal Weekly Weight

Program Supplements

- Physical Activity
- Caregiver Support
- Stress Management
- Weight Loss
- Smoking Cessation



Questions:

Please call our Member Care Management Team at 1-877-222-1240 (TTY: 711) between 8 a.m. and 5 p.m.



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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. Wellframe is an independent company that provides a health and wellness support mobile app to Univera Healthcare members.

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。