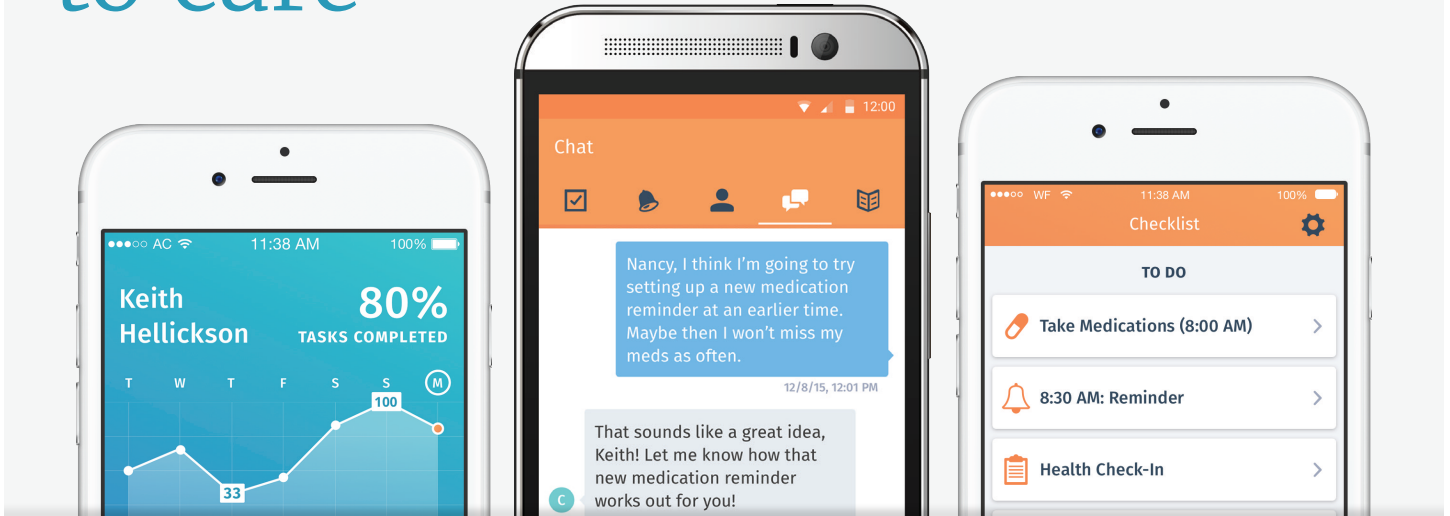


# Connecting you to care



## What is Wellframe?

Wellframe is an app for your smartphone or tablet. It connects you to your care team at your health plan. Your Superior nurse can answer questions about your pregnancy or help you find extra resources.

The Wellframe app sends you daily tips and advice to help you and your baby stay healthy. You can also send a private message to your nurse at any time. You'll know just what to do and feel better supported as you get further along.

[guide.wellframe.com](http://guide.wellframe.com)

Free. Easy. Secure.



Available for smartphone and tablet.

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