

Enhance your health and wellness journey with Wellframe

Download the Wellframe app to unlock a digital resource designed to help you achieve your health goals.

This mobile health program includes tips for navigating the healthcare system, resources for mental health support, and useful health management tools, such as:

- Medication management
- Pain management
- Physical activity tracker
- Nutrition guidance
- And more!

This benefit is included with your health plan at no extra cost.

Here's how to get started:



Scan the QR code or download the Wellframe app from the App Store or Google Play.

- If the access code doesn't autofill, enter: **helpwellpbc**
- If prompted on an Apple device, click "Allow Paste."
- Have your Premera member ID card handy to enter your member ID number.
- Follow the instructions to complete your registration.



If you have a chronic condition, such as diabetes, a heart condition, or mental health condition, a personal health support clinician will connect with you through the app to help you manage a new diagnosis or reach your health goals.

Wellframe is an independent company that provides digital support services on behalf of Premera Blue Cross Blue Shield of Alaska.

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