

Plan, document, and communicate your medical wishes.



Welvie My Life LettersSM – A good plan can put everyone at ease.

Your health care wishes are personal and often difficult to discuss. However, the time may come when family, friends, and caregivers will need to make decisions for you. Your family will experience greater peace of mind if they understand your plan in case the time comes when you can't speak for yourself.

Say it with a letter.

Introducing Welvie My Life Letters, a self-guided online program to take you through details and decisions your family may one day have to make for you.

My Life Letters captures your answers to questions including:

- Your values and beliefs that contribute to your quality of life
- Your preferences on a variety of medical scenarios
- Your selection of a health care proxy

Based on your responses, the program creates personalized letters and generates an Advance Directive with your wishes that you can edit, then print or e-mail to share with family, doctors—everyone who needs to know. It's available to you at no added cost.

Start your letter today.

Go to www.welvie.com and select *Register* or *Log in*. If you have previously registered for another Welvie program, you won't need to register again. Need help? Call Welvie at 1-866-433-1343 (TTY: 711), Monday through Friday, 7 a.m. to 6 p.m. Central time.

A \$25 **GIFT CARD**
IS WAITING FOR YOU.

\$25

Give your loved ones peace of mind. And give yourself a gift.

You'll get a \$25 Amazon.com gift card for completing the My Life Letters program.

Rewards are available for each covered member once every 365 days.

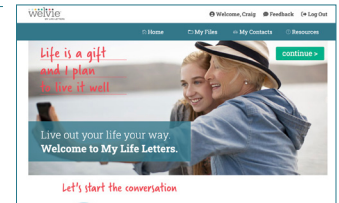
The Welvie My Life Letters experience.

Welvie My Life Letters is a simple six-step program that guides you and prepares you for the choices you and your family will need to make about your medical care.

Step 1

Let's get to know you.

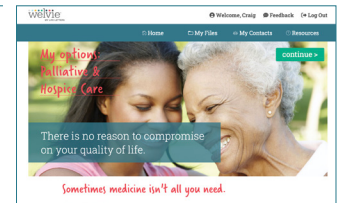
With a series of questions, Welvie helps you document your views on topics like quality of life, independence and dignity. It's all to help your friends and family make the right decisions for you if you're unable to do so yourself.



Step 2

Hospice? Palliative? Know the difference.

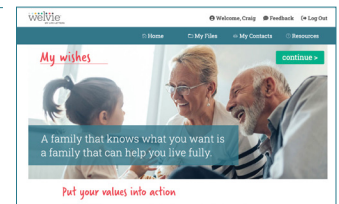
Many myths and misconceptions exist about these care options. Welvie will help you understand how each option works, how they can relieve pain and stress, and how they are different from one another.



Step 3

Make your wishes known.

In order to help friends and family understand your wishes, Welvie walks you through a number of medical scenarios to think about. How you respond to each will help those close to you make educated decisions.



Step 4

Review and personalize your letter.

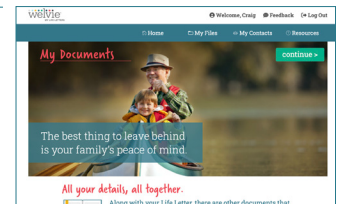
The best way to make your wishes known is with a letter. Based on your responses throughout the program, Welvie creates a letter describing your wishes. In this step, you can review and personalize it to get it ready to share.



Step 5

All your details, all together.

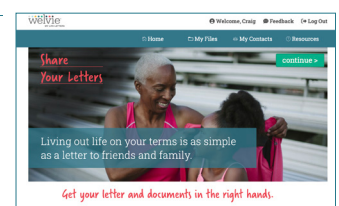
Welvie is here to help diminish the confusion. We automatically create an Advance Directive for you. And we'll help you think about and document other details — like funeral arrangements, insurance policies, etc.



Step 6

Get your information in the right hands.

With your first letter and documents complete, it's time to share them. Simply e-mail them straight from the program or print them out. Once you've shared your first letter, you can personalize and share as many letters as you want, for anyone else who might need to know.



\$25

Want to get another gift card?

You also have access to the **Welvie My SurgerySM** program. My Surgery helps you decide on, prepare for and recover from surgery. When you complete Steps 1-3 you'll receive an additional \$25 Amazon.com gift card.