

Meet Welvie.  
And get a \$25  
gift card.



**Whether you're thinking about surgery for yourself or a loved one, or just curious about the process, Welvie® can help.**

Surgery is an effective way to treat many conditions. But it may not be the right choice for every person in every situation. And you may not even realize you have a choice. Yet, from treatments to doctors to hospitals, there are many options to consider.

**Welvie My Surgery<sup>SM</sup> is your easy-to-use, online guide.**

Your health plan provides access to the Welvie My Surgery program at no added cost. Welvie helps you work with your doctor to decide on, prepare for and recover from surgery.

In six interactive steps, the program guides you through the entire surgery decision-making process. When you log in, you'll be able to review information, videos, Q&As and more.

You'll learn how to work with your doctor to:

- Make sure you have the correct diagnosis
- Explore your treatment options – surgical and non-surgical
- Prepare for and recover from surgery (if you decide surgery is the right choice for you)

**A program everyone can use.**

You don't need to be thinking about surgery to benefit from Welvie. After all, many surgeries are unplanned. Preparing ahead of time can help you have better results when the time comes.

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

You'll get a \$25 Amazon.com gift card for completing Steps 1-3 of the Welvie My Surgery program and a short survey.

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

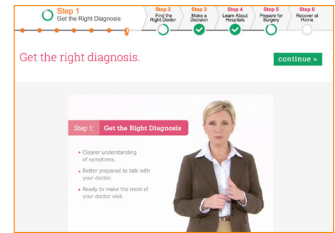
**It's easy to get started with Welvie.**

Go to [welvie.com](https://www.welvie.com) and select *Register*.  
Need help? Call Welvie at 1-866-433-1343 (TTY: 711),  
Monday through Friday, 7 a.m. to 6 p.m. Central time.

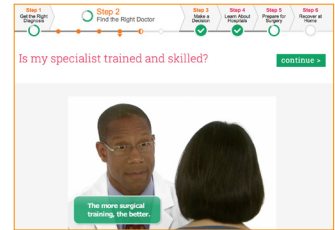
welvie<sup>SM</sup>  
MY SURGERY<sup>SM</sup>

# Six Steps to Better Decisions

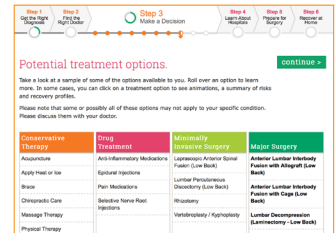
**Step 1 Starting your surgery decision off on the right foot.**  
 Welvie's interactive exercises help you explain your symptoms so you can make the most of your doctor's visit and get the right diagnosis.



**Step 2 How to talk to your doctor. (And listen, too.)**  
 Welvie shows you how to ask all the essential questions before you have to make an all-important choice about who will provide your medical care.



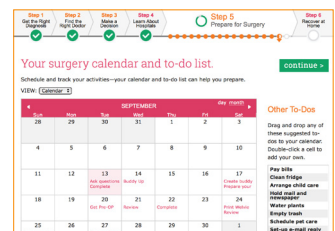
**Step 3 Is surgery the only answer?**  
 Welvie can help you discover if alternative treatments might be available. You'll learn how to work with your doctor to discover the best solution for you.



**Step 4 Selecting a hospital is your call.**  
 Welvie guides you in selecting the right kind of hospital (they're not all the same). And reminds you of some key things to ask the doctors and nurses on your surgical team.



**Step 5 OK. Now let's get this surgery over with.**  
 When the decision to have surgery has been made, Welvie helps you build your pre-op to-do list. Knowing you've planned, you can relax a bit.



**Step 6 Time to go home. And get well.**  
 Let the healing happen. Welvie gives you tips to help reduce the chance of complications and speed your recovery, even before you leave the hospital.

