



What is Welvie?

A more helpful approach to deciding on, preparing for and recovering from surgery.



Did you know **1 in every 5 people** in the U.S. will have surgery this year?¹

Pretty surprising, right? So odds are you or someone you care about will have an operation at some point. Now listen to this. For many of those surgeries, the risks to the patient outweigh the benefits they'll receive. Makes you think, doesn't it? And yet, when a doctor mentions surgery, very few of us question it. But it's a big decision. A decision you need to carefully consider. It's a decision you shouldn't leave up to your doctor alone. Welvie can help.

Designed by surgeons, **Welvie empowers patients.**

Welvie is an Internet-based program that walks you through the entire decision-making process — from diagnosis to recovery — in a unique step-by-step approach. There's simply nothing like it anywhere. Its intelligent, intuitive design encourages questions and offers options. In short, Welvie brings you in on the surgery decision — in a simple and organized way.

Make the most of the Welvie experience. **And get \$25.**

You can experience the Welvie steps in any order, but we encourage you to complete each of the six steps in the order they appear (see the back of this flyer). That way you'll get the most out of the process. And that helps you get better results. Plus, when you complete Steps 1 through 3 of the program and a short survey, you'll receive \$25.

It's easy to visit Welvie today. Go to www.welvie.com to register and get started.

¹Welvie Commercial and Medicare Claims Analysis, 2012



A nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association

Visit welvie.com today. You're six steps closer to a better result.

Step 1: Get the Right Diagnosis



So how do you feel?

Does it hurt? Where does it hurt? How long have you felt like this? Welvie helps you explore all your symptoms, so you can clearly spell them out when you talk with your doctor.

Step 4: Learn about Hospitals



Remember, you're leading this team. Don't forget, this is your decision. So how should you decide which hospital best suits you? And what do you ask when you meet key doctors on your team, like the anesthesiologist?

Step 2: Find the Right Doctor



Now let's talk about your doctor.

Did you know you have the right to interview a doctor? That may sound a little intimidating. What are you supposed to ask? Welvie helps you put together a list of questions before your visit. That way you can ask questions, get answers and make the right decision.

Step 5: Prepare for Surgery



Relax, you are in good hands. We know, we know. It's a little tough to relax when it's surgery we're talking about. Together, we'll help you get ready by organizing and keeping track of the "pre-op" details. That's peace of mind.

Step 3: Make a Decision



Let's think through all the options.

There's no other way to put this: surgery is serious. Very serious. Sometimes there's another way to go. Welvie will walk you through many of your treatment options so you'll be confident you're making the right choice — even if that choice is surgery.

Step 6: Recover at Home



It's time to get you back on your feet. Now the real healing begins. You'll need a few close friends and family to be there for you. Welvie is there, too, providing the tools you need to create a complete recovery plan before you even check into the hospital.