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, you have the right to choose.

Meet Welvie - your easy-to-use, online guide.

Your health plan provides access to Welvie, a program that helps you decide on, prepare for and recover from surgery.

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

Welvie shows you how to work with your doctor to:

- · Make sure you have the correct diagnosis
- Explore your treatment options
- Prepare for and recover from surgery (if 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.

Get started with Welvie today.

Go to **www.welvie.com** and select the *Register* button. Need help? You can call Welvie customer service toll-free, **1-888-822-7219** (TTY: 711), Monday through Friday, 8 a.m. to 7 p.m. ET.



A \$25 gift card for you.

Every covered family member completing Steps 1 through 3 of the Welvie program receives a \$25 amazon.com gift card.

