

# The best time to learn about surgery is before you need it.



## Welvie My Surgery® prepares you ahead of time to help you achieve better outcomes.

Excellus BlueCross BlueShield is happy to offer this surgery decision program to you, through our partnership with Welvie.

About 15 million Americans have surgery every year<sup>1</sup>. So the odds are good that you and your doctor will be talking about surgery at some point in your life. And one of the keys to success is good preparation.

### **Luckily, you have help. You have Welvie®.**

Your health plan gives you access to Welvie My Surgery — a self-guided online program that walks you through the entire surgery journey in six steps. And it is available to you at no added cost.

Using videos, Q&As and more, My Surgery teaches you how to decide on, prepare for and recover from surgery. Because the more you know, the better your chance for a successful result.

For example, it is estimated that around 20% of patients will have complications after surgery<sup>2</sup>. Many of them are preventable, and Welvie shows you how to avoid them.

### **The best time to learn about surgery is before you need it.**

You may not need surgery right now. But when you do, Welvie will make sure you will be ready.

<sup>1</sup> "Strong for Surgery," American College of Surgeons.

<sup>2</sup> "The Hidden Pandemic: the Cost of Postoperative Complications," Springer Link, November, 2021.

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

\$25

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

The gift card is available to you and any covered family members once every 365 days.

## It is easy to get started with Welvie.

Go to **welvie.com** and select *Register*.

Need help? Call Welvie at 1-877-542-7803 (TTY 711). We can be reached Monday through Friday, 8 a.m. to 7 p.m., Eastern time.

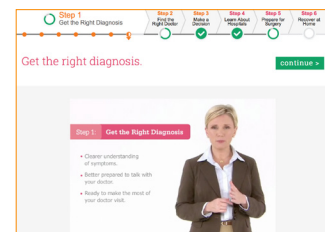


# Six Steps to Better Decisions

## Step 1

### Starting your surgery decision off on the right foot.

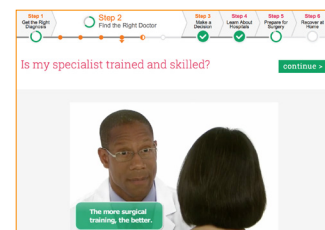
Welvie's interactive exercises help you explain your symptoms so you can make the most of your doctor's visit and get the right diagnosis.



## Step 2

### How to talk to your doctor. (And listen, too.)

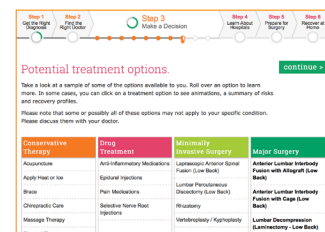
Welvie shows you how to ask all the essential questions before you have to make an all-important choice about who will provide your medical care.



## Step 3

### Is surgery the only answer?

Welvie can help you discover if alternative treatments might be available. You will 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 are 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 have 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.

