

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

Welcome to Welvie.  
Better information.  
Better decisions.

Log In

First time here?

Register



Whether you're thinking about surgery 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 options. Yet, from treatments to doctors to hospitals, you have the right to choose.

#### Meet Welvie—your easy-to-use online guide.

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

In six easy 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 planning a surgery to benefit from Welvie. After all, many surgeries are unplanned. Preparing ahead of time can help you have better results if or when the time comes.



**You can earn a \$25  
gift card.\***

Every member who  
completes Steps 1 through 3  
of the program receives a  
<\$25 Amazon gift card.>

#### 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 at **1-888-420-9781** (TTY: 711), Monday through Friday, 8 a.m. to 7 p.m. ET.

# Six steps to better decisions

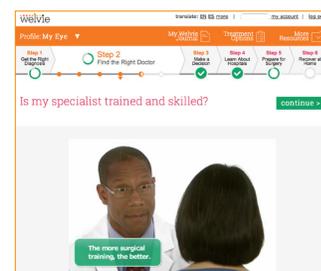
## Step 1: Starting your surgery decision off on the right foot.

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.



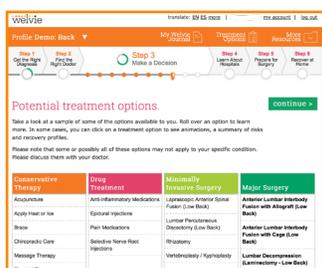
## Step 2: How to talk to your doctor. (And listen, too.)

Welvie teaches you how to ask essential questions before you have to make the 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.



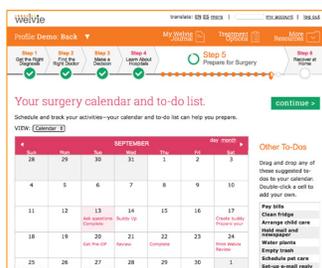
## Step 4: Selecting a hospital is your call.

Welvie guides you through selecting the right hospital (they're not all the same) and reminds you of some key things to ask the doctors and nurses on your surgical team.



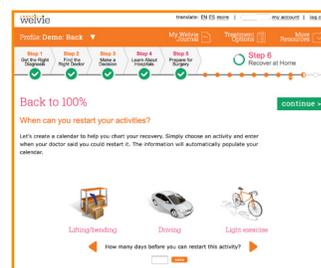
## Step 5: OK. Now let's get this surgery over with.

Once you make the decision to have surgery, 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.



\*Members are eligible for one gift card, per member, per 365 days. You must complete the first three steps of the program to claim a gift card.