

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.

About 15 million Americans have surgery every year¹. 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's 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's estimated that around 20% of patients will have complications after surgery². 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'll be ready.

¹ "Strong for Surgery," American College of Surgeons.

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

A \$25
GIFT CARD
IS WAITING FOR YOU.

\$25

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

Members are eligible for one gift card, per member, per 365 days.

It's easy to get started with Welvie.

Go to welvie.com and select *Register*.
Need help? Call Welvie at 1-888-822-7219 (TTY: 711). We can be reached Monday through Friday, 5 a.m. to 4 p.m., PT.

