

Make confident health decisions with Welvie®

Did you know more than three-fourths of surgeries are optional? Patients often don't realize when they have more affordable, less risky alternatives.*



Blue Cross Blue Shield of Arizona (BCBSAZ) provides members with access to **Welvie**, an online program that helps guide you through the surgery decision making process. From understanding treatment options to preparing for and recovering from surgery.

Six steps for better decision-making

The Welvie program covers the entire surgical journey – from diagnosis to recovery – in a unique, six-step approach.



Work with your doctor using a proven process to make better treatment decisions, whether you decide to have surgery or not. Plus, register for Welvie and complete steps one through three for a \$25 amazon.com gift card. When surgery is recommended, the Welvie program helps you explore all your options, so you can feel confident you're making the right choice.

When surgery is best

Many times, surgery is the best treatment option. In that case, Welvie can help you prepare for the procedure and know what to expect during recovery. Even if you aren't planning on surgery right now, Welvie can still prepare you for a better experience.

Make informed treatment decisions with help from Welvie. Visit welvie.com to learn more.



*Rand/UCLA, SPORT, COURAGE, DEYO studies, Health Affairs articles 2002-2014, Institute of Medicine, IOM Crossing the Quality Chasm report.

One \$25 amazon.com gift card per member, per 365 days. Welvie is an independent company contracted to provide this online program and/or services for BCBSAZ. Access to Welvie is not available with all plans. Contact us at the number on your member ID card to find out if this service is available to you. Services and treatment options presented may not be covered under your BCBSAZ benefit plan. Please review your benefit plan or call us prior to receiving non-emergency services. You should consult with your healthcare provider regarding medical care or treatment. Information provided by Welvie is not a substitute for the advice or recommendations from your healthcare provider.