

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](https://www.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. Eligible members will receive a \$25 Amazon.com Gift Card within 30 days of completing steps one through three of the program and completing a short survey. Amazon.com, Inc., is not affiliated with BCBSAZ and does not sponsor, endorse, approve, or have any responsibility for this Promotion. Amazon and Amazon.com are trademarks of Amazon.com, Inc., registered in the U.S. and other countries.

Welvie is an independent company contracted to provide this online program and/or services for BCBSAZ. Information provided by Welvie is not a substitute for the advice or recommendations of a healthcare provider. Welvie and the Welvie logo are registered trademarks of Welvie, LLC.

BCBSAZ offers BluePathway HMO and BlueJourney PPO Medicare Advantage plans. BCBSAZ Advantage, a separate but wholly owned subsidiary of BCBSAZ, offers Blue Medicare Advantage Standard, Classic and Plus HMO plans.