

Sometimes waiting is the best treatment option.



Watchful waiting and active surveillance allows you to see if surgery is needed.

Many medical conditions can be best treated through surgery. But for some conditions, there may be alternatives that allow you to postpone or even avoid procedures that could have unpleasant risks or side effects. Two of these are watchful waiting and active surveillance.

Watchful waiting means just what its name implies: you and your doctor wait to see what happens. It is often used when the risks of surgery or other treatments outweigh the potential benefits.

Other reasons for watchful waiting may include:

- There is a good chance your condition will improve without treatment
- The diagnosis itself is still uncertain

Active surveillance, on the other hand, involves regular testing — such as biopsies of tumors, or scans of the spine for people with back pain. It is more likely to be used with patients for whom surgery, if needed, would be less risky.

Welvie helps you explore your options

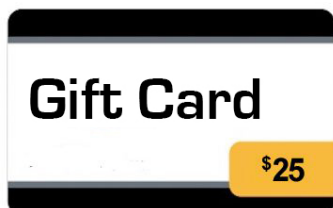
With any medical condition, you have options to consider — from watchful waiting to prescriptions to surgery. Welvie's six-step online program helps you decide on, prepare for and recover from surgery.

Learn more on the other side of this flyer.

Watchful Waiting and Orthopedics

Watchful waiting is commonly used with patients who have orthopedic (e.g., back, knee or hip) problems but do not have acute pain or an injury that could get worse if it's not treated.

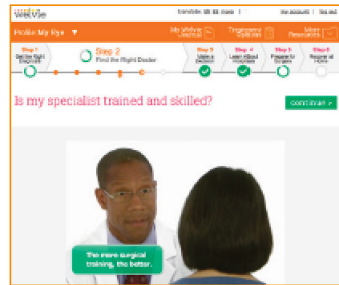
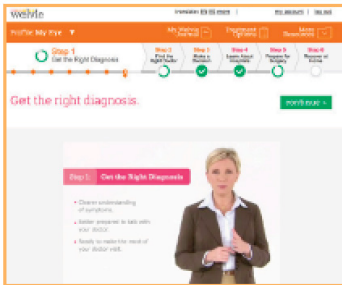
For these patients, watchful waiting may include rest, modest pain relief (such as cold packs or compression) and modifying or avoiding activities that could aggravate the problem.



A \$25 gift card for you.

You can receive an amazon.com gift card when you complete Steps 1 through 3 of the program and a short survey. Go to **welvie.com** and select *Register* to get started.

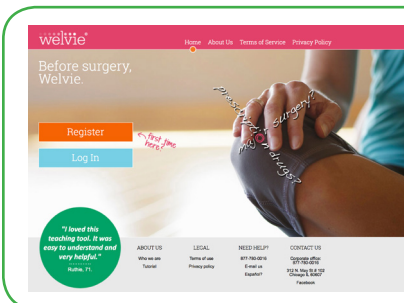
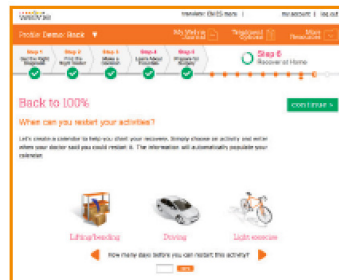
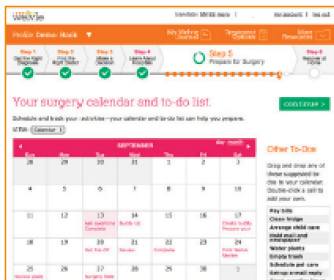
Make Educated Decisions — Step by Step



Your health plan provides the Welvie surgery decision-support program at no additional cost to you.

Welvie's online program walks you through the surgery process in six easy-to-follow steps.

- Learn how to have conversations with your doctor about treatment options, in case surgery is in your future.
- Review information, videos, Q&As and more. You can also watch animations of many common surgical procedures.
- Get guidance on how to work with doctors to discuss the risks, benefits, and alternatives to any elective orthopedic surgical procedure including back, knee, shoulder, and hip surgeries.



Get started with Welvie today.

Go to welvie.com and select the *Register* button. Need help? You can call customer service at 1-877-434-6168, Monday through Friday from 8 a.m. to 7 p.m. Eastern time. TTY users call 711.