

Good information that's easy to use

When you're faced with difficult health care choices, there may not be clear answers or a single "right" option. So how do you decide what's best for you?

Good decisions start with good information. Finding health information seems easy, but separating good information from the not-so-good can be a challenge. That's why we offer decision support tools and resources.

You can use these resources, on your own or with our help to:

- learn more about your options
- share what you've learned with your doctor
- make choices based on your values and preferences
- discuss your decisions with your family and friends

Learn more

Visit healthpartners.com/decisionsupport to discover the decision support resources available at no cost to you.

Click or call for more help

The Health Information Library makes it easy to get high-quality information. You can use it to learn about low back pain, prostate cancer screening, heart disease and much more. There's over 8,000 topics!



Click

Many topics feature Decision Points, which are simple, online tools to help you compare your options for medical tests, medicines, surgeries, treatment and other issues.

Explore the HealthPartners Health Information Library at healthpartners.com/healthlibrary.



Call

Would you like help using these decision support tools? You can talk with a nurse who's specially trained to help with health care decisions and ready to provide the information and support you need.

Just call Member Services at the phone number on the back of your Member ID card and ask to speak with a Nurse Navigator. Or, call **952-883-5000** or **800-883-2177**. Nurse Navigators are available Monday through Friday, 8 a.m. to 5 p.m. Central Time.