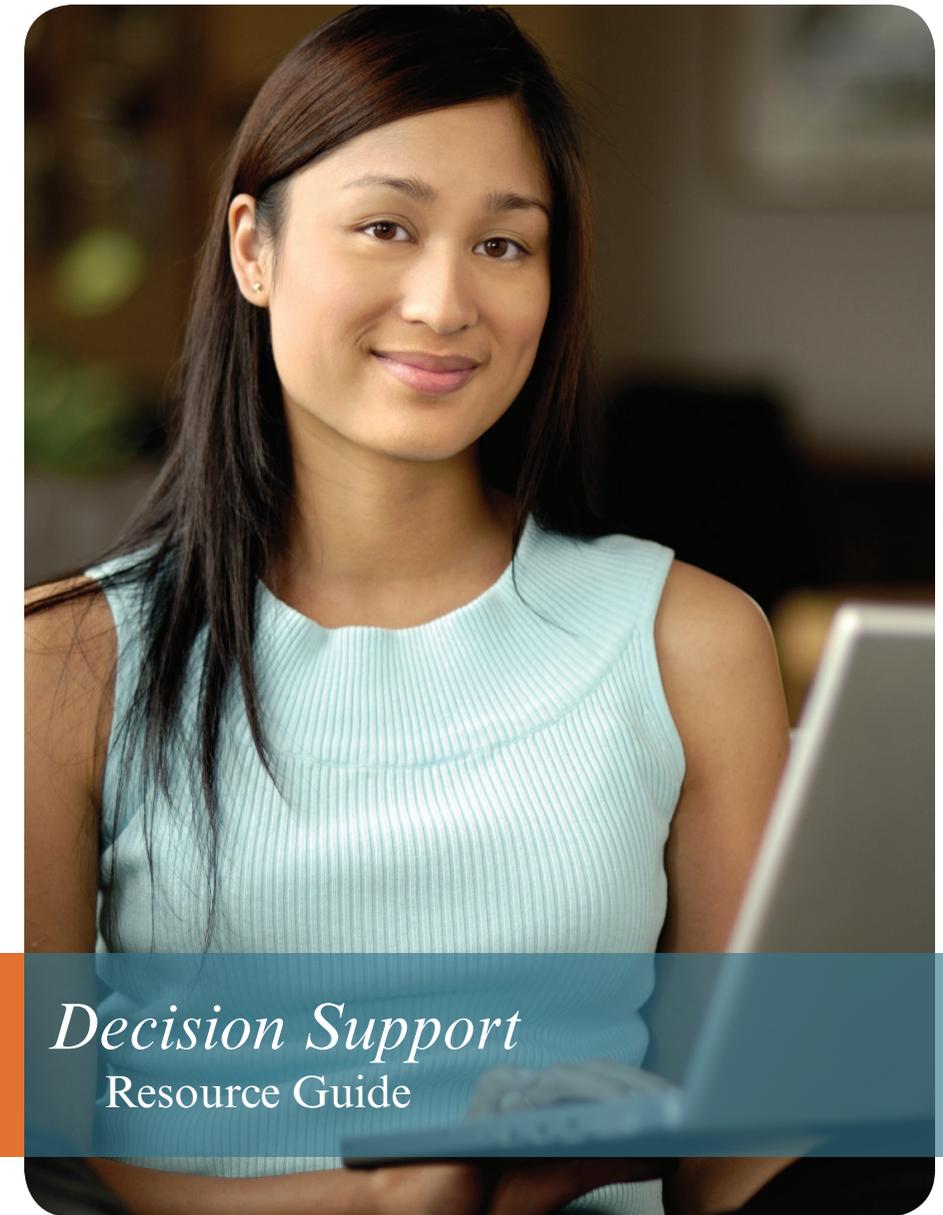


Everyone faces health care decisions. Some decisions are easy. Others are more complicated.

Part of what makes some decisions hard is that they aren't always obvious. The topics may be unfamiliar. You may have multiple choices with different risks and benefits. And the "right" decision for someone else may not be right for you.

Being informed as you consider your options is important. That's why we offer decision support tools and resources. You can use them, on your own or with our help, to make a choice based on your values and personal preferences. And you can share the results with your doctor to help plan your next steps.



## *Decision Support* Resource Guide

Simple, easy-to-use tools from HealthPartners



The HealthPartners family of health plans are underwritten and administered by HealthPartners, Inc., Group Health, Inc., HealthPartners Insurance Company or HealthPartners Administrators, Inc. Fully insured Wisconsin plans are underwritten by HealthPartners Insurance Company.

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# 1 Ottawa Personal Decision Guide

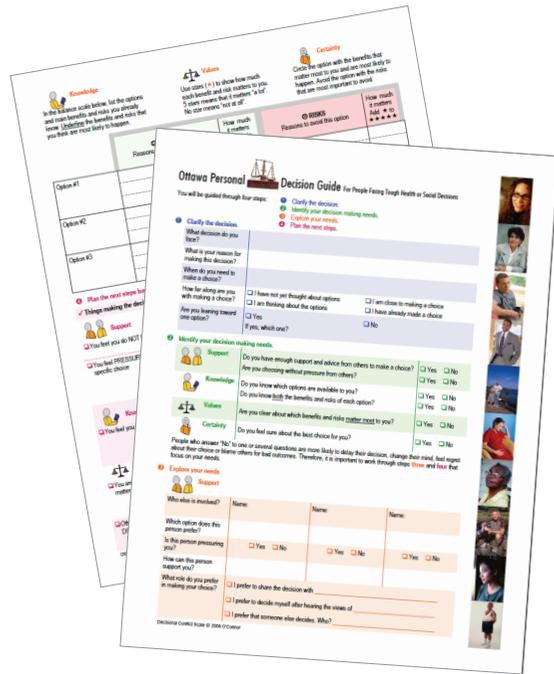
Have you ever written down the pros and cons of a choice and compared the two lists?

The Ottawa Personal Decision Guide is like that, but it's even more helpful and effective. You can use it to organize and compare the things that are important to you as you consider your options. It can help you understand:

- the benefits and risks of a choice
- your personal values and preferences
- which parts of the decision are most important to you
- other information and support tools that can help

Use it by yourself or with the help of a HealthPartners member advocate. It takes just a few minutes. The information will help you take next steps toward the choice that's best for you.

Find the Ottawa Personal Decision Guide at [healthpartners.com/decisionsupport](http://healthpartners.com/decisionsupport).



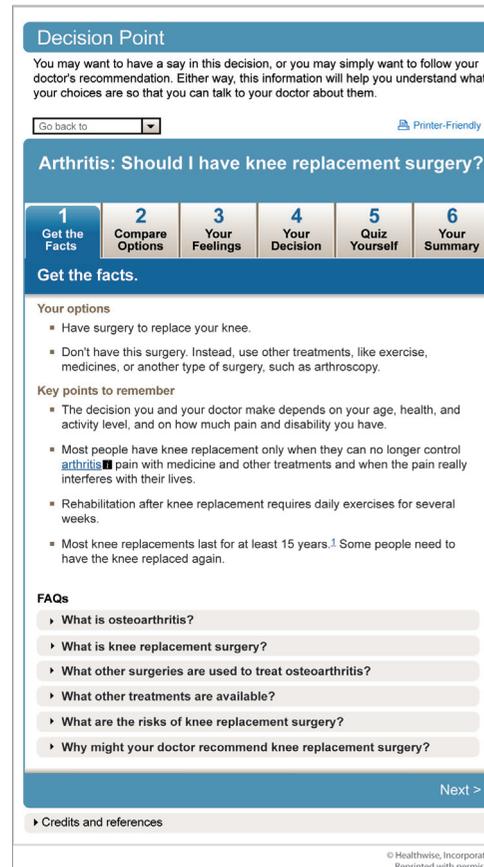
# 2 Health Information Library

To make the best decision, you need good information. Finding health information online seems easy, but separating good information from the not-so-good can be a challenge.

The HealthPartners Health Information Library is your source for high-quality information on more than 8,000 health topics. For example, you can use it to learn about low back pain, prostate cancer screening or heart disease. Many topics feature Decision Points, which are simple, online tools to help you compare your options.

The content is written by doctors, writers and editors with years of experience in scientific research and medical writing. People use this tool more than 100 million times every year to take an active role in their health.

Explore the HealthPartners Health Information Library at [healthpartners.com/healthlibrary](http://healthpartners.com/healthlibrary).



# 3 Personalized, One-on-One Support

Would you like help using these decision support tools? Just call our trained member advocates. They can help provide the information and support you need to make your decision.

HealthPartners has more than 200 staff members, including case managers, care managers, health coaches and nurses, trained to support you in making choices. Just ask, and we'll connect you with the right person.

To talk with an advocate, call the Member Services number on your member ID card. Or, call 952-883-5000 or 1-800-883-2177. Trained member advocates are available Monday through Friday, 7 a.m. to 7 p.m., CST.



## Learn more

Discover the decision support resources available to you from HealthPartners by visiting [healthpartners.com/decisionsupport](http://healthpartners.com/decisionsupport).



## Share your knowledge

Print out or write down what you learn using these resources and share it with your doctor. It will help him or her understand your values and preferences as you discuss next steps.