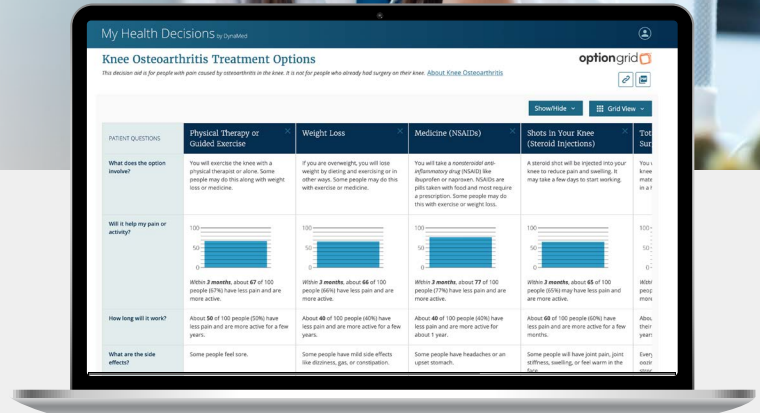


# My Health Decisions™

## Supporting Meaningful Member Engagement with Evidence-Based Decision Aids

Research shows that shared decision-making and the use of patient decision aids result in more conservative decisions, improved patient adherence and reduced costs. Integrating *My Health Decisions* tools into health plan platforms helps members take an active and engaged role in their health care decision making by encouraging them to explore what matters most to them and select the option that best matches their values, needs and preferences.

*My Health Decisions* offers a robust collection of shared decision-making aids that enable members and providers to have meaningful and informed conversations that lead to improved outcomes and higher satisfaction. Developed by a team of clinical experts, using the most current evidence, *My Health Decisions* is focused on the questions patients most frequently ask when they need to make preference-sensitive decisions. Content covers a variety of specialties and is designed to be easily digestible for patients.



## Benefits of *My Health Decisions* for Health Plans

- Evidence-based decision aids ensure members have the most accurate and current information needed to make informed decisions.
- *My Health Decisions* tools provide answers questions members most frequently ask when making a preference sensitive decision.
- Our decision aids use member-friendly language and present various treatment options side-by-side to help members select the option that aligns best with their values and preferences.
- Tools can be shared via PDF and/or mobile device prior to a medical visit allowing members to arrive prepared.
- Content can be delivered to members via the *My Health Decisions* platform or API for consumption within your unique member experience.