

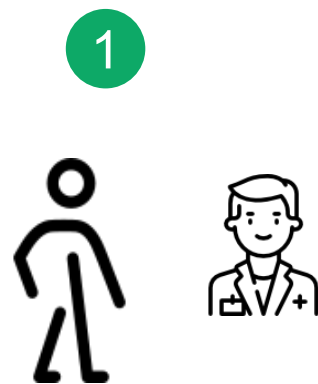
# Your personalized guide for your upcoming surgery

As part of Allina Health’s Joint Replacement Program, we’re providing a personalized guide for you and your care circle for your upcoming surgery.

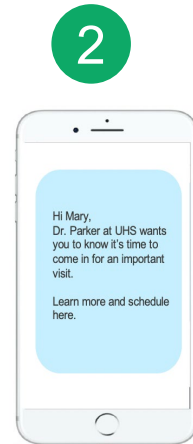
**How it works:** Once you are scheduled for surgery, you will start to receive personalized, digital education to guide you through your surgery journey. Each step will be communicated to you securely by text message or email, and will include your very own personalized link. You may view the content as many times as you would like during your journey.

**What’s included:** This digital guide follows the education book you may have received from your surgeon's office and will help prepare you for your surgery. The content includes: how to prepare, what to expect before, during and after surgery, links to a pre-surgery educational video as well as exercise videos from our therapy team, and patient surveys to take about your progress. Lastly, we’ve made connecting with your health care team easy by including a phone number and an Allina Health account link within the digital guide. We look forward to being a part of your journey!

## HERE’S WHAT TO EXPECT:

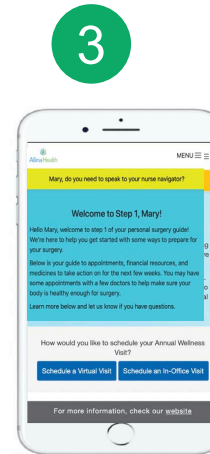


You and your health care provider decide joint replacement surgery is the right choice for you.



You will receive 2 text messages:

- ✓ a welcome text
- ✓ step 1 of your surgery guide through a personalized, **secure** link. You need to click on this link to read your instructions.



You will receive communication every time there is a new step. There will be a total of 7 steps from the start of your journey until you have fully recovered (about 1 year).



### FAQ:

- ✓ You will have the option to opt-out or unsubscribe at any time.
- ✓ Your information will remain safe and secure.
- ✓ Your care circle can also opt-in to receive these messages. You can give your health care team their information.