

It's your health...
Know more.
Choose well.
Feel better.



If you've been diagnosed with a chronic condition like asthma or diabetes, you want to find out more about it – and learn how to take care of yourself.

If your doctor recommends surgery, you want to know about possible complications and risks – and how quickly you'll be back on your feet.

If you or someone in your family has had to take a pharmaceutical drug either on a short-term basis or for an ongoing medical condition, you want to access reliable, objective information – and explore all drug treatment options.

And if you need hospital care, you want to choose the best place for you – so you can get better faster with fewer problems during and after your treatment.

The Healthcare Advisor and PharmaAdvisor from Subimo are easy-to-use online tools available through Oxford Health Plans that help you make smart decisions for better health.

**Turn this page over
to learn more.**

subimo

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**When you need information and support,
www.oxfordhealth.com is here to help.**

At www.oxfordhealth.com, it's very easy to find healthcare information. Log on to **My Oxford** as a Member and click on "Choosing a Hospital" or "Comparing Drugs". You can also find these links in the **oxfordhealth Center** pages of our web site.

What you should know: Find easy-to-understand information about your condition, recommended procedures or pharmaceutical drugs. You'll learn what it is, how common it is among people like you. You'll learn about treatment options and what you can expect. For medical procedures, you'll find out about common complications and risks, and how quickly most people recover.

Compare Drug Treatment Options:

If there is a pharmaceutical option for treating your condition, the PharmaAdvisor™ can help you find out what drugs are available for your condition. You'll be able to manage your pharmacy benefit more easily by viewing the costs and other factors associated with drug treatments, including side effects, effectiveness and dosage. You can learn about possible drug interactions with any other medications, or use the drug encyclopedia that lists more than 11,000 drugs.

Choose Care: If you need to receive care for your condition, the Healthcare Advisor can help you choose a hospital. Decide what's most important to you and your doctor – such as experience, reputation and results of care – and we'll show you how hospitals in your area measure up.

Prepare for your visit: Improve your discussions with your doctor by equipping yourself with a list of questions about your condition, possible drug treatment options and things to consider. We also provide links to helpful web sites and a medical encyclopedia for more information.



Visit www.oxfordhealth.com today for the **Healthcare Advisor** or **PharmaAdvisor** from Subimo.

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 **Oxford Health Plans**
there is another way.®