

# KNOW YOUR OPTIONS

When it comes to your health, you are the most important decision maker. The more you know, the more confident you'll feel knowing you made the right decision for you.

## MINIMALLY INVASIVE PROCEDURES



### ***With MIPs, less is more.***

- **Less recovery time**
- **Less time in the hospital**
- **Less pain**
- **Less scarring**

*... when compared with open surgery*

*Examples of MIP's include:*

- **Acid reflux surgery**
- **Appendectomy**
- **Colon surgery**
- **Gallbladder surgery**
- **Hysterectomy**

Ask your healthcare provider whether or not you are a candidate for an MIP. For more information, visit [www.healthhappens.com](http://www.healthhappens.com).

Minimally invasive procedures (MIPs), also called laparoscopic surgeries, use state-of-the-art technology to perform abdominal surgery.

### **What happens during a minimally invasive procedure?**

During an MIP, a small, dime-sized incision is made in the patient's abdomen through which a miniature camera, or videoscope, and specialized instruments are inserted to perform the procedure.

Ask your healthcare provider whether or not you are a candidate for an MIP.

If you are considering a specialty procedure (such as a knee arthroscopy, a scope of your knee) you can also work one-on-one with a health coach to evaluate your options — all within the context of your personal preferences, values and priorities.

To speak with an ODS health coach, please call 503-948-5548 or 877-277-7281 (TTY users, dial 711). Or, email [careprograms@odscompanies.com](mailto:careprograms@odscompanies.com).

