

Healthwise[®] Knowledgebase

Be an active partner in your health care. • Make smarter, more informed decisions.
Share in the decision making process with your doctor.

Capital BlueCross members have access to more than 8,000 health and wellness topics to quickly find information about medications, surgeries, treatment options, and more — all in one easy-to-use place.

More than a research center, Healthwise Knowledgebase tools help you make sound decisions based on the outcomes **most important to you**.

To use the Healthwise Knowledgebase:

- Register or log in at capbluecross.com
- Click *Wellness*
- Enter a health topic in the search box

Decision Making Tools — Explore the right course of action, balancing facts with your personal preferences and values, as you make important health care decisions. More than 150 comprehensive tools are available to help you when you consider surgery, medication, testing, screening, and treatment options.

Health Topics Library — Learn about health conditions, treatments, tests, and medications. Search for information to understand your diagnosis and treatment options before making a decision.

Interactive Tools — Use quizzes and calculators to get personalized information about health and fitness, lifestyle checkups, and pregnancy such as: Am I at risk for a heart attack? How much is smoking costing me? What is my stress level? When is my due date?

Symptom Checker — Evaluate health symptoms to help you decide if primary care, urgent care, or emergency services might be necessary for you or your child.

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On behalf of Capital BlueCross, Healthwise[®] Knowledgebase assists in the promotion of health and wellness by providing educational materials. Healthwise is an independent company.

This program is not intended to be a substitute for services or advice received from your health care providers who are the only ones that can diagnose or treat your individual medical conditions.

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