



Let's make sure you're ready and healthy for surgery

As your proactive care partner, we'll help prepare you for surgery. The goal is to ensure you have the best possible outcome with least amount of concerns. So you can recover more quickly and easily, and continue to live your best life.

Working together to support your success

Your team consists of providers from the many sides of health care. Among the providers you might see are anesthesiologists, internal medicine physicians, nurse practitioners, registered nurses, medical assistants, care managers, dietitians, physical therapists and other helpful service professionals.

We look forward to working with you to improve your current quality of health and make lifestyle changes that can have a lifelong impact!

Below is a general timeline of what to expect and how to prepare for your journey with us:

1. Sign up for MyThedaCare

Important information including pre-op questionnaires and instructions will be provided through MyThedaCare. If you have not already signed up for your MyThedaCare account, please go to [MyThedaCare.org](https://www.mythedacare.org) or call **877.259.6180**.

2. Complete Questionnaires via MyThedaCare

Please complete the Pre-Surgery Evaluation questionnaire and any other history questionnaires in your MyThedaCare account within 2 days of scheduling your surgery.

3. Attend and schedule your pre-procedure physical exam

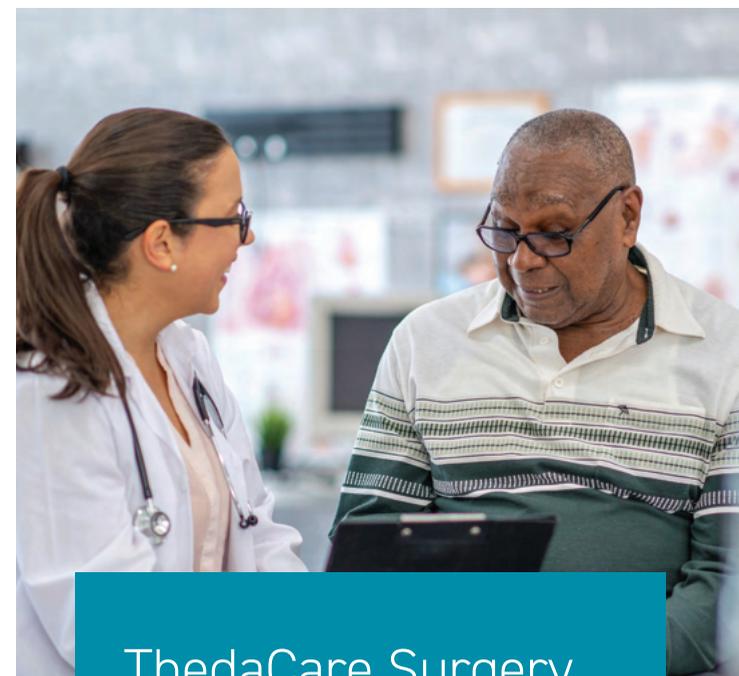
Attend your pre-procedure physical exam (and surgery optimization appointments) with a perioperative medicine provider at a ThedaCare Surgery Optimization and Coordination Center location.

4. Within two weeks of your procedure, you may receive the following phone calls

- **Pre-Procedure Care Management Calls:** A care manager will be assigned to you during your physical or optimization visit. The care manager will contact you prior to surgery to touch base on your care plan, pre-procedure instructions, and when to stop taking certain medications prior to your procedure.
- **Arrival Time Call:** You will receive an automated phone call from ThedaCare two days before your procedure after 4:00 PM with your arrival time.
- You will need to confirm your arrival time by following the voice prompts during the automated call. If you missed the call, please dial **920.454.7076** to confirm.

5. Review Instructions

The Care Managers will make your instructions available to you in MyThedaCare so you can review the information with your family and caregivers.



ThedaCare Surgery Optimization and Coordination Center

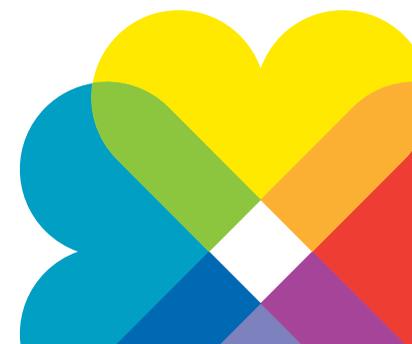
Ensuring your best possible outcome

ThedaCare Surgery Optimization & Coordination Center

920.454.6290

www.thedacare.org

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How Optimization Helps You

Being “optimized” for surgery is important for many reasons.

- Improves your readiness for surgery
- Ensures better surgical outcomes
- Improves coordination of your care
- Reduces the cost of care
- Reduces your hospital length of stay
- Reduces day of surgery delays and cancellations
- Decreases risk of post-operative complications
- Reduces mortality

Overall Benefits

Medical Evaluation & Optimization

We assess your individual risks for the planned procedure.

Standardization

We standardize medical evaluation and management before your surgery to avoid preventable complications. Using industry best practices and research, we continuously improve care.

Coordination

We coordinate among all providers involved in your perioperative care to improve your experience and health.

What to Expect



Your surgeon will submit a referral to our clinic. Our team will then call you to schedule an appointment with one of our providers. Together, your optimization providers, a nurse care manager and you will work to ensure the best possible care and results.

Optimization Providers

- Identify surgical risks and current medical conditions.
- Establish obtainable lifestyle goals to enhance your current health status.
- Conduct a thorough preoperative physical exam and identify appropriate testing.
- Collaborate with your overall care team.
- Manage your chronic condition care in the hospital and visit the day after surgery if you stay the night.
- Coordinate chronic condition care with PCP as needed.



Registered Nurse Care Manager

- Coordinate the optimization plan created between you and the optimization provider.
- Address goals and barriers to your care plan.
- Track progress of your optimization and check in with you regularly.
- Assist in scheduling follow-up appointments.
- Advance your readiness for surgery.
- Discuss advance care planning and begin the discharge planning process.



You

- Begin making lifestyle changes with improved nutrition and physical activity.
- Work with care management to accomplish all your patient-specific goals.
- Follow up with appropriate specialists as directed by your optimization providers.
- Become informed, educated and well-prepared for surgery.