



GOLDFINCH  
— Health —

# A Better Approach to Surgery and Recovery

Protect yourself and your family from the pitfalls of surgery.

**>90%**

of surgeries are more  
invasive than necessary

**Invasive surgery**

extends pain, recovery time  
and return to normal life  
by weeks to months

Invasive surgery is the  
**#1 gateway to  
opioid addiction**

[my.GoldfinchHealth.com](http://my.GoldfinchHealth.com)



833.GLD.FNCH (833.453.3624)

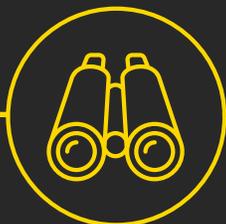
# Surgery doesn't need to be so invasive to your body, budget and life.

- "I was back to work and life in half the time."
- "I didn't need any opioid painkillers."
- "I can hardly see my scar."
- "I felt less anxious and alone."
- "I can't believe I waited so long to have my surgery."
- "I didn't know I could be back to full pay so quickly."
- "I didn't have a pile of leftover painkillers."

## The Goldfinch Surgery Experience

Your employer is providing you access to Goldfinch Health's team of surgery experts at no cost to you to help you and your family make the best decisions when it comes to surgery and the recovery that follows.

**Your personal Goldfinch Nurse Navigator will help you...**



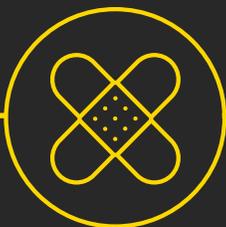
Find a great surgeon



Shorten your recovery time after surgery



Have a surgery experience that minimizes opioid painkiller use



Reduce pain and complications



Get your questions answered every step of the way



Enjoy a better surgery and recovery

## Thinking about surgery? Get started at:

[my.GoldfinchHealth.com](https://my.GoldfinchHealth.com)



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