

The Spotlight

Spotlighting healthcare-related educational topics that matter to you

The Patient Education and Empowerment Department creates resources that address a range of topics from medical debt to insurance access and disability benefits. The resources we produce are reflective of real-world experiences that meet the needs of the patients PAF serves.



You asked & we listened. Using questions our case managers get asked and analyzing our website keyword searches each month, we address what patients want to know now.

Can I get help Managing Cardiovascular Risks?



WHAT Patient Advocate Foundation wants you to take control of your heart

health. We can help—PAF offers services to help you navigate your cardiovascular risks as well as any care you are currently receiving for your heart condition. Our online educational resource, **Matters of the Heart**, offers articles, webcasts, podcasts, animations, and more to help you become more familiar with your disease risk. We also offer free, one-on-one case management assistance to assist you directly with insurance challenges, access to care, employment issues, and more.



WHEN February is American Heart Month, a time when all people can focus on their cardiovascular

health. As well, February is Black History Month, an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. The theme for 2022 focuses on the importance of Black Health and Wellness.



WHO Heart disease is a leading cause of death for both men and women in the United States.

In 2018, African Americans were 30 percent more likely to die from heart disease than non-Hispanic whites (HHS.gov).



WHY We want to help you learn more about your cardiovascular risk and how you can better manage that risk, or your

condition if you are already diagnosed. The resources we have created are designed to help patients, family members, caregivers, and providers locate information that is relevant to them, and to use that information to better navigate healthcare and improve their health.

WHERE Please visit us and find more at www.patientadvocate.org/mattersoftheheart and <https://www.patientadvocate.org/connect-with-services/case-management-services-and-medicare-lines/> for more information.

