

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.

To learn more about our resources, **CLICK HERE**

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.

TOPIC: Highlighting Women's Health Resources

International Women's Day, which takes place on March 8th, is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality. (internationalwomensday.com)

Women's equality comes in many forms- we at PAF want to draw attention to women's health issues by ensuring equal access to healthcare for women around the nation. In this month's spotlight, we will highlight three of our educational resources that can help women make the most of their healthcare experience.



The first resource we wanted to highlight is PAF's **Communication Log**.

This handy document allows you to track phone calls with your provider or insurance company, helping you to take control of your health! By staying organized and on top of appointments, phone calls, and other aspects of your care, you can maximize your experience and be sure you are using your time and healthcare dollars to their full potential. Check out the log [here](#).



This next publication, **Moving Forward After a Diagnosis**, helps patients figure out what is next after

receiving a diagnosis. It offers tips on how to become an empowered patient as well as questions you should ask about your diagnosis, understanding your treatment options, and choosing the best path for you. Read it [here](#).



While men can be diagnosed with breast cancer, it is a predominately a condition that females face.

Our **Metastatic Breast Cancer Guide** delivers expert advice for metastatic breast cancer patients to help avoid common insurance and care barriers, qualifying for government benefits, workplace protections and more. Read it [here](#).