Patient Advocate Foundation
Solving Insurance and Healthcare Access Issues | *since 1996*

NPAF
National Patient Advocate Foundation

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.

Getting the Most From Your Health Insurance

It's important to have health insurance as a safety net for your finances. If you unexpectedly get sick or injured, health insurance is there to help cover medical costs that you likely can't afford to pay on your own. With health insurance, you're not facing those costs as an individual; there's an insurance plan helping you handle the costs, and helping you navigate the confusion of medical billing. Medical bills aren't the sort of thing you want to be dealing with while ill, injured, in a hospital bed, or in the emergency room. It's smart to make difficult financial decisions ahead of time, by getting health insurance before you become sick.

Insurance protections are great but understanding and utilizing those protections can be tricky. It's especially hard if you don't know the lingo or how to identify if your insurance benefits are being maximized.

That's why PAF developed new tip sheets to help break things down, with titles including:
• **10 Tips to Help You Get the Most Out of Your Health Insurance Tip Sheet**
• **Understanding Your Health Insurance Policy Documents Tip Sheet**
• **Your Benefits Explained Tip Sheet**
• **And Many More!**

Our newly added resources can help clear the confusion! Part of understanding your benefits is using them in a way that ensures you get what you pay for. In our new tip sheets, we share tactics that help you use your insurance benefits to their full potential.

These tip sheets, available in English and Spanish, are complementary resources for each of PAF's Health Insurance Education Series webinars.

If you prefer a more interactive way to learn, visit patientadvocate.org/education and view the webinars there.

GREATNONPROFITS 2021 TOP-RATED NONPROFIT