

# 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.**

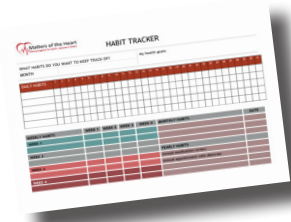


You asked & we listened. Using questions our case managers get asked and analyzing our website keyword searches each month, we address what patients want to know now.

## PAF's Got Heart- New Resources for American Heart Month!

Patient Advocate Foundation has a lot of heart. We have served patients with cardiovascular diagnoses for over 25 years. We want you to know about two new publications we are launching this February- which also happens to be **American Heart Month!**

The first is our habit tracker. With a cardiac diagnosis, it's important to keep track of your important appointments, and other heart-healthy habits like exercising, taking your medication on time, and eating a low-salt diet. This tool helps you stay organized, and it's also a great log to be able to show your doctor and let them know all the progress you have made towards healthy habits!



The other new addition to our Matters of the Heart library is a new publication about communicating with your doctor. It's so important to treat the relationship with your doctor like any other one—you need to feel comfortable and like they have your best interest.

Statistically, patients that are actively engaged in their treatment decisions, with their providers as partners in their health, have better outcomes. Being a more assertive, informed patient is a great first step toward better health. While your doctor has medical knowledge and experience, you know your body better than anyone else. You should work to establish and maintain a partnership with your doctor. After all, you are there for the same goal for you to have a healthy life!



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.

