

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.

Men's Health Month and Taking Advantage of Preventive Services



The goal of Men's Health Month, celebrated in June each year, is to empower and encourage boys and men to take

charge of their overall health by starting healthy habits and making conscious choices. One of those choices includes getting preventative health screenings.

If you have health insurance, you should take advantage of the preventative services available to you for free through your health insurance plan.

Preventative services like shots and screening tests, blood pressure screenings, cholesterol screenings, depression screenings, lung cancer screenings, diabetes screenings, diet counseling, HIV screenings, and vac-

cines including the flu shot are all included in your health insurance coverage at no cost to you. Visiting your doctor and getting your regular, recommended screenings and health exams means you will likely prevent more serious conditions later.

Our publication, **Making the Most of Your Insurance 365 days a Year**, has more great tips on how to use your insurance effectively and get the most for your money.



If you don't have insurance, you can still access screenings and

preventative services. You can seek care at a local health center or clinic. A lot of clinics offer services at a sliding scale, meaning they will only charge you for services based on your income. Check for local

clinics based on your zip code at The Health Resources and Services Administration's site here: <https://findahealthcenter.hrsa.gov>. You may also be able to reach out to your local health department to see if they are having any health fairs where you can be screened.

Feel free to visit our **Education Resource Library** to find out more about important healthcare topics!

