

# THE SPOTLIGHT

Spotlighting healthcare-related educational topics that matter to you

February 2024



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.

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## Launching Two New Education Resources for American Heart Month



For 28 years, Patient Advocate Foundation has empowered patients with cardiovascular diagnoses by providing knowledge and support. This February, during American Heart Month, we're excited to share two new publications aimed at helping you understand how to maximize your heart health and insurance coverage.

American Heart Month is a national call to action, reminding everyone to prioritize their cardiovascular well-being. It's an opportunity to assess your health habits and risk factors and make positive changes to keep your heart healthy. By understanding and managing your risk factors, you can significantly reduce your chances of developing heart disease and other cardiovascular conditions. Our new publications offer valuable insights and resources to guide you on this journey.

The first publication, titled **Partnering with Your Provider**, is about building a strong doctor-patient relationship. This bond is important for good healthcare and developing a plan for your cardiovascular needs. Strong

doctor-patient relationships are built on teamwork, where you and your doctor work together to reach your health goals. If you feel comfortable with your doctor, you are more likely to ask questions and share important information needed to have the best possible health outcomes. You are also more likely to follow your treatment plan when you have a good sense that your doctor is on your side and has your best interests in mind.

The second publication, titled **Your Heart, Your Rights: Understanding Health Insurance Protections**, outlines the types of protections health insurance offers that benefit your cardiovascular health and access to care. Having health insurance means you are protected financially from high medical expenses. Health insurance is a way to help with medical costs that you may not be able to afford on your own. There are lots of other benefits to having health insurance including free preventive care, having your choice of doctor, ensuring you have access to healthcare services when you need them, and more.

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 help you with insurance challenges, access to care, employment issues, and more.

