

THE SPOTLIGHT

Spotlighting healthcare-related educational topics that matter to you

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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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Empowering Yourself Through Informed Decisions: PAF's New Publications to Help You Take Control of Your Healthcare Journey



Navigating healthcare, especially with a serious diagnosis like cancer, can be daunting. PAF offers guidance through our 3 new guides designed to empower you to be an informed partner in your care. Below are some key points from each publication. Click each picture to learn more!



Making Informed Decisions About Your Cancer Care

Being an informed partner in your cancer care is crucial. Key tips include:

Communicate Openly: Establish open and honest communication with your healthcare team.

Share Your Priorities: Communicate your personal and healthcare goals at every decision point, including cost concerns.

Access Electronic Records: Use your patient portal for test results, medications, and communication

Connect with Others: Learn from and support other patients and caregivers.



Finding a Healthcare Team That Works For You

Accessing quality healthcare can be challenging. Here's how to find the care you need:

Research Providers: Search online for doctors and facilities, and contact disease-specific organizations for information.

Know Your Insurance: Understand your coverage and which providers accept it.

Explore Community Health Centers: These centers offer primary care and

referrals based on ability to pay.



Healthcare Conversations: Communicating What's Important to You

Your personal experiences, values, and priorities are unique. Sharing them helps your provider tailor your care.

Before Your Appointment: Write down questions, list medications, and consider bringing a trusted friend or family member.

During: Be honest about symptoms and concerns, ask questions, and clearly state your preferences.

After: Review the plan, follow up, and contact the office if issues arise, such as side effects or financial difficulties.