

# CHECKLIST & OUTCOMES

Bring The Following To Your HTC Appointment:

Bleeding Episodes & Infusion Log

List of Specific Issues

Names of Medications

Medication & Food Allergies

A Notebook To Take Notes

*If it's your first visit, bring your family history and medical records.*

Tips On How To Meet Your Goals With Your HTC Team:

Express Yourself Clearly

Ask For What You Need and Want

Be Firm and Consistent

Be Open To Discussion

Focus On What's Most Important Now

*It's okay to explore other options for HTC Care, if necessary.*

*The Hemophilia Foundation of Greater Florida serves people with bleeding disorders and helps the bleeding disorders community improve their quality of life by offering programs and services to support healthier lives.*



## Hemophilia Treatment Centers

All Children's Hospital

Lakeland: 863.802.6600

St. Petersburg: 727.767.4176

Tampa: 813.631.5001

Arnold Palmer Pediatric, Orlando

321.841.8588

Kidz Medical Services

Nicklaus Children's Hospital, Miami

305.662.8360

Nemours Children's

Jacksonville: 904.390.3789

Orlando: 407.650.7230

Pensacola: 850.505.4790

St. Joseph's Children's Hospital, Tampa

813.321.6820

University of Florida Adult & Pediatric,

Gainesville

Adult: 352.265.0725

Pediatric: 352.265.8250

University of South Florida Adult, Tampa

813.974.3725

University of Miami Adult & Pediatric, Miami

305.243.0384



## HOW TO ADVOCATE FOR YOURSELF



[info@hemophiliaflorida.org](mailto:info@hemophiliaflorida.org)

407.629.0000

[hemophiliaflorida.org](http://hemophiliaflorida.org)

# Advocating For Yourself Medically

Knowing how to navigate the healthcare system will allow you the best treatment possible. If you and your HTC team are partners in your healthcare decisions, you'll feel ownership of your wellness. Standing up for yourself medically is your right.

# Advocating For Yourself With Your Insurance Company

It is your right to appeal your insurance company's decisions on claims. Communicate with your HTC team. They can help. Be patient: This may take time.



HFGF has a social worker and outreach nurses on staff to help you advocate for yourself.

# YOU HAVE TO ADVOCATE FOR YOURSELF

Being your own advocate means asking for what you need in a direct, respectful manner.

## To Be Your Best Advocate:

- Believe In Yourself
- Know Your Rights
- Have Your Facts Straight
- Decide What You Want
- Plan A Strategy
- Target Your Efforts
- Gather Support
- Express Yourself Clearly

## You Have To Advocate Yourself:

- With Your Medical Team
- Through Insurance Issues
- Legislatively



Contact [info@hemophiliaflorida.org](mailto:info@hemophiliaflorida.org) or call 407.629.0000 for assistance.



# Advocating For Yourself Legislatively

Laws are made for you and the bleeding disorders community statewide and federally. You can have a voice in what laws are passed by understanding the process and identifying your legislators. HFGF is part of the Bleeding Disorders Coalition of Florida and is here to help you advocate for the bleeding disorders community legislatively.



Contact

[info@bleedingdisorderscoalitionof florida.org](mailto:info@bleedingdisorderscoalitionof florida.org) if you're interested in getting involved legislatively.