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Hep C Hope

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Welcome, [First name]. Thank you for registering.

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HEP C HOPE.COM

CALL 844-4HepcHope

RETHINK HEP C

CONSIDERING TREATMENT

UNDERSTANDING HEPATITIS C STARTS HERE

FORGET ME NOT

*"I'm hopeful that someday I'll see a future without Hep C."*

Welcome [First Name],

We are so glad you've joined Hep C Hope. We understand that, at times, your chronic hepatitis C (Hep C) may not be your first priority. Maybe you pushed it aside because you haven't had any symptoms. Or perhaps your doctor has said your Hep C isn't that bad or you don't need treatment now.

**YOU HAVE NOT BEEN FORGOTTEN.** That's why we're here. Hep C Hope is designed to provide you with information and resources to help you rethink your Hep C so that, when you're ready, you can have a better conversation with a [Hep C specialist](#).

**THIS IS AN EXCITING TIME.** Many people like you are rethinking their Hep C. In fact, there are treatment options that may help cure your Hep C. Cure means the Hep C virus is not detected in the blood when measured 3 months after treatment is completed.

We are looking forward to helping you learn more about Hep C and your treatment options.

Sincerely,

The Hep C Hope Team

We're here to give you information and support to help you move forward.  
**IN THE COMING WEEKS, YOU CAN EXPECT TO:**

- Receive more information and resources
- Get tips on how to have a better conversation with a Hep C specialist
- Learn about different treatment options

Learn more about Hep C and your **treatment options**.

Call a Hep C Educator at  
**844-4HepcHope  
(844-443-7246)**  
to get live support.

YOU'RE NOT ALONE.



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Dear [First Name],

As you may know, chronic hepatitis C (Hep C) is a slow moving disease with symptoms that may not appear for years or even decades. Yet Hep C is a serious disease—if left untreated, it can lead to liver damage and even liver cancer.

Here's what you may not know: there are steps you or a loved one living with Hep C can take today to help reduce the damaging effects of Hep C.

If you've found a Hep C specialist, you may already be working with his or her care team to make the kind of healthy lifestyle changes that could help reduce your risk of liver damage. Yet, as with any lifestyle change, it can take a while to make these healthy choices a regular part of life.

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The enclosed booklet offers simple steps you can take to make healthy choices as part of a normal routine. With this booklet, you can:

- **Learn diet and nutrition tips** that may help reduce liver damage.
- **Make simple changes** that can help improve your well-being, like getting enough rest and keeping physically active.
- **Access discussion tools** that can facilitate productive conversations with your Hep C specialist.

If you have questions about healthy living with Hep C or are looking for live support, call a Hep C Educator today at **844-4HepcHope**.

You're on an exciting journey toward the possibility of life without Hep C, and we're here to help.

Sincerely,

The Hep C Hope Team

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Start moving toward your goals today.

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RETHINK HEP C

CONSIDERING TREATMENT

MOVING FORWARD,  
A FEW SMALL STEPS  
AT A TIME

FORGET ME NOT

*"I want to understand the full impact Hep C has on my health and my life."*

Dear [First Name],

Even while you are just learning about hepatitis C (Hep C), there are a few important steps you can take to start moving toward a healthier you. When you have Hep C, you're at risk for liver damage. Healthy lifestyle changes, however, can help reduce that risk.

As you may know, when a liver is inflamed and/or damaged by Hep C, it has a harder time doing its jobs. Some of the liver's important jobs include removing waste and breaking down alcohol and drugs, as well as storing nutrients from the food you eat and releasing them into the bloodstream.

Who's on your team?

It's important to find a Hep C specialist with whom you can be open and honest.



Find your Hep C specialist today.

Consider these healthy changes.

- **Eating a well-balanced diet** can make it easier for the liver to do its jobs and can help repair liver damage.
- **Stop drinking alcohol.** Consuming alcohol can accelerate liver damage.
- **Being active.** Regular physical activities like yoga, walking, Pilates, swimming, gardening, and dancing may help you feel better.
- **Getting a good night's sleep** and resting when tired can help with fatigue associated with Hep C.
- **Reaching out for support.** Start talking about your Hep C with loved ones or in an online forum, so you know where to find support when you need it.

See more ways you can prepare for treatment >>>

Call a Hep C Educator at  
**844-4HepcHope**  
**(844-443-7246)**  
to get live support.

Learn more about other small steps you can take to become a healthier you at [HepcHope.com](http://HepcHope.com).

Sincerely,

The Hep C Hope Team

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HEP C HOPE.COM

CALL 844-4HepcHope

RETHINK HEP C

CONSIDERING TREATMENT

CHOOSE A HEP C SPECIALIST — AND START WORKING TOWARD YOUR GOALS



FORGET ME NOT

Dear [First name],

Whether you have had hepatitis C (Hep C) for a long time or have just recently been diagnosed, it is important to understand who you may be working with as you move forward.

A [Hep C specialist](#) — an expert in treating chronic hepatitis C — may be equipped to help you understand treatment options that might suit your individual needs. Hep C specialists commonly manage cases of Hep C, so they are among the most up to date on the latest advances in science regarding Hep C. With his or her help, you can decide on a treatment plan that works best for you.



Here are different types of Hep C specialists available.

- **Gastroenterologists** specialize in diseases involving the stomach, intestines, and other associated organs, including the liver. As Hep C can cause liver damage, gastroenterologists often treat people with Hep C.
- **Hepatologists** specialize in diagnosing and treating diseases of the liver.
- **Infectious disease specialists** are experts in the diagnosis and treatment of conditions that are transmitted by people, organisms, or through the environment involving viruses, bacteria, fungi, and parasites.
- **Nurse practitioners** are registered nurses who usually work under a physician's supervision. Their high level of training allows them to prescribe medicines, order lab tests, and perform procedures.
- **Physician assistants**, also known as PAs, practice under the supervision of physicians, but are highly trained and may write prescriptions, order lab tests, and perform other medical duties often done by physicians.

If you aren't currently seeing a Hep C specialist, you may want to ask your healthcare provider for a referral. Work to find one you feel comfortable communicating with, because it may help you work toward a plan to reach your goals.

[Find a specialist near you](#), or call a Hep C Educator at **844-4HepcHope** to assist you.

Sincerely,  
The Hep C Hope Team

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Find your Hep C specialist today.

Better conversations start here.

Use this **discussion guide** to help you plan for a conversation about Hep C when you choose a specialist.

Download now >>>

Call a Hep C Educator at  
**844-4HepcHope**  
**(844-443-7246)**  
for help finding a  
Hep C specialist.



To:

From: Hep C Hope

**Subject:** Keep progressing toward your goals.

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RETHINK HEP C

## CONSIDERING TREATMENT

STAY FOCUSED,  
WITH SUPPORT  
AT EVERY STEP

# FORGET ME NOT

Dear [First Name],

As you keep moving toward your goals and considering treatment for hepatitis C (Hep C), it's normal to experience challenges along the way. Your Hep C care team can help you through the process of learning about your options. If you and your Hep C specialist decide to start a treatment plan, it may take time to get that treatment in place.

The good news is you'll have the support of your Hep C specialist, his or her entire care team, and all of us at Hep C Hope.

### A few tips to stay on track:

- **Keep in touch with your Hep C care team** and reach out to them any time you have questions.
- **Remind yourself** of what made you start rethinking your Hep C and the personal goals you've set.
- **Remember, you are your own best advocate** when it comes to your health.
- **Share your experience** with family members and friends with whom you feel comfortable.

**Learn about preparing for treatment >>>**

## TAKE A QUICK POLL

Where are you in your  
Hep C treatment journey?

- ☐ I am just beginning and learning about treatment options
- ☐ I want to talk to a Hep C specialist about treatment options
- ☐ I feel ready to start treatment for Hep C

Call a Hep C Educator at

**844-4HepcHope**  
**(844-443-7246)**

to get live support.

If you need live support, call a Hep C Educator at **844-4HepCHope** for answers to your questions about Hep C. They can also help you locate a [Hep C specialist](#) if you haven't found one yet.

You're on an exciting journey. All of us at Hep C Hope are behind you as you continue to move forward.

Sincerely,

The Hep C Hope Team

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