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HEP C HOPE.COM

CALL 844-4HepcHope

RETHINK HEP C	CONSIDERING TREATMENT

WORK TOWARD A HEALTHIER YOU

FORGET ME NOT

"Knowing I can talk openly to my Hep C specialist helps me feel more comfortable about making choices for my health."

Dear [First Name],

You have taken great steps to learn more about your hepatitis C (Hep C). As you continue to work toward your goal of moving past Hep C, it is important to foster an open, honest relationship with your Hep C specialist.

Sometimes fear of the unknown can be the biggest hurdle in making a decision. By taking steps toward a treatment decision together, you and your Hep C specialist can work to set your expectations. That way, you will feel confident that you have the resources to keep going when you are ready.

Find your Hep C specialist today.

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

Try these small changes to help you get a start on better managing your Hep C.

Avoid alcohol.
Alcohol can be harmful to your liver and cause further progression of liver damage due to Hep C.

Manage your weight.
Studies have shown that obesity may also play a role in advancing progression of liver damage.

Reduce your stress.
When you make time to do things you enjoy, you'll be better equipped to focus on being a healthier you.

Talk with your Hep C specialist.
Ask about Hep C disease progression, treatment options, and support.

Remember that it's not about making huge changes all at once, but rather incorporating small ones into your daily routine to support a healthier you. Think about why you would like to treat your Hep C and work with your Hep C specialist to create a plan to help you get there.

Sincerely,

The Hep C Hope Team

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