



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.

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

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



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