



# Learning How to Become an Empowered Patient

This seminar is realistic, unique and empowering! You will learn how to navigate through the maze of modern health care. With health care constantly changing and evolving, it has never been more important to take charge of one's own health care than it is today.

## Seminar Objectives:

In this seminar, you will learn how to:

- ✓ **Get organized** – Organize and secure all your personal health information in one location.
- ✓ **Gain insights** – Gain medical insights that aid in making crucial medical decisions.
- ✓ **Recall details** – Have a simple way to accurately recall the details of your medical history when asked by a health care provider or insurance company.
- ✓ **Be more involved** – Learn how to effectively handle chronic illness by following simple-to-understand, nationally recognized protocols.
- ✓ **Give better care** – Learn how to be a better caregiver to a loved one with a chronic illness.
- ✓ **Be well prepared** – Have your health history communicated clearly if you're not able to speak in an emergency.
- ✓ **Stay safe** – Learn how to avoid becoming the victim of a medical error or misdiagnosis.

## Who Should Attend:

- Frankly, everyone!
- Caregivers who provide care to a loved one and want to do a better job
- Any health-conscious person

## Seminar Details:

- This dynamic seminar typically runs 45 minutes to one hour.
- Each attendee will be provided a handout to follow along and to take notes.
- The presentation will be made using screen projected PowerPoint.



# Book Your Seminar Today!

The easiest way to reserve your seminar is to click back to the "Lecture Requests" page on the web site and register your seminar online.

You can also contact us at:

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Dr. Brown's policy regarding fees is to allow you, the host organization, to propose an amount. This amount should reflect your highest and best level of compensation for Dr. Brown's services. Dr. Brown's availability vary depending on the time, location, and format, but we will be happy to discuss this with you in more detail once we have set up a file for your request.