

Lisa’s 5-Step Health Advocacy Plan

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Introduction

Navigate healthcare with confidence using my proven 5-step plan, developed over 10 years of advocacy for 1,000+ patients.

Step 1: Know Your Rights

- Request itemized medical bills to spot errors (30% of bills have mistakes, per CMS).
- Understand your insurance coverage and appeal denials.

Step 2: Research Providers

- Use CMS Hospital Compare ([cms.gov](https://www.cms.gov)) for quality metrics.
- Check patient reviews and wait times before choosing a provider.

Step 3: Seek Support

- Join patient advocacy groups for free resources.
- Connect with communities via platforms like X (@LisaHartono).

Step 4: Communicate Effectively

- Prepare questions for doctor visits.
- Keep a health journal to track symptoms and treatments.

Step 5: Stay Informed

- Follow trusted sources like CMS.gov and WHO.int.
- Subscribe to MyAdvocateAurora’s newsletter for updates.

Contact

For questions, email lisa@myadvocateaurora.net or call (800) 555-1234.
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