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## KEEPING LIFE BALANCED

### What is a Medical Advocate?

**A Medical Advocate is your partner and medical professional that empowers you** to navigate a medical journey to ensure your best treatment. The voice that walks beside you – like an attorney in a legal matter – speaks on your behalf and promotes action for your health care needs. A **Medical Advocate** listens to your story, guides you through daunting health care systems, problem solves, troubleshoots, and coordinates all the players – doctors, health insurers, hospitals, medical groups, and surgical centers; then continues by your side throughout your medical journey.

**How can a Medical Advocate help you and your family?** Health is a real concern for all of us today. When your life changes because of health issues – yours or someone close – it can be overwhelming. Most physicians have little time to talk with you at length. A **Medical Advocate** with professional expertise can afford to offer that extra time to reduce your anxieties, evaluate your health care benefits – standard or alternative, preventive or proactive, going “out of the box” if necessary, and accompany you to your medical appointments to provide emotional support and relevant questions for your doctor. As more patients and families take an active role in their health and health care, a **Medical Advocate** helps to manage their needs, gains respect within medical systems to assure optimal delivery of medical services.

Do you want an experienced **medical professional** on your health care team who can do that?

**Drawing on my extensive medical knowledge and neuroscience background**, I can assess your individual situation, review your diagnosis and treatment recommendations, and provide guidance with therapeutic decision-making.

**Together, we'll look at:**

- **How to prepare for your medical appointment**
- **How to review your medical needs**
- **How to best communicate with your physician**
- **How you can be empowered to make your medical decisions**
- **How you can understand scientific research related to your health**
- **How you can turn your stress into instant energy.**

**When you're living with health-related issues of any kind, don't let these challenges knock you off balance.** See how you can change your life story for the better and regain your balance.

Click here  
To schedule  
An appointment