



MyPatientRights.Org Toolkit

Sample Website Content

Know Your Rights. Access the Health Care You Need.

MyPatientRights.org is an online resource helping patients access the care they need and deserve. It is available to help patients who have experienced denials, delays, high-out-of-pocket costs, out-of-network charges and other barriers to quality, affordable health care from their health plans. By learning your rights and how to file a complaint through My Patient Rights, you are helping change the system and keep all patients healthy.

My Patient Rights helps you:

- Learn your rights as a patient
- Stay informed about important health care news
- File a complaint with your health plan
- File a complaint with the *right* state government agency
- Share your story

Visit www.MyPatientRights.org to learn how to exercise your right and demand the quality health care coverage you need and deserve.



Sample Social Media Content

There are many social media channels you can use to get the word out about this valuable for patients. We have provided sample posts for your Facebook and Twitter channels. You can also repurpose this content for Google +, Pinterest, Instagram and other social channels.



Facebook

- Denied health care coverage? Facing delays accessing a specialist? Denied access to prescription medicines? @MyPatientRights can help!
- Your physician isn't covered by your health plan and you've been billed for the cost. What do you do? File a complaint. Visit @MyPatientRights to learn more.
- Have you been denied health care coverage? Learn your rights, share your story, file a complaint! @MyPatientRights can help you navigate your health plan to ensure you get the care you need and deserve.
- Many patients are not only fighting a painful illness, they are fighting to get the health care they need. @MyPatientRights was created to make sure they don't have to fight alone. Visit www.MyPatientRights.org to learn more.



Twitter

- #HealthAccess denied? Help is here. www.MyPatientRights.org via @MyHealthRights
- Have you been denied #HealthCare coverage? @MyHealthRights can help you learn your rights & get the care you need.
- Facing delays seeing a specialist? Denied prescription medicines or a crucial treatment? Visit @MyHealthRights today.

Sample Newsletter Content

Not getting the health care you need? File a complaint via MyPatientRights.org

Patients across the state – particularly those needing specific specialists, medicines or treatment – are not always accessing the care they need and deserve; often, because they don't know where to begin. It's important to know there is a resource available to help patients who have experienced denials, delays, high out-of-pocket costs, out-of-network charges and other barriers to quality, affordable health care from their health plans.

Inspired by real patients frustrated with inability to access the care they need, the California Chronic Care Coalition launched www.MyPatientRights.org to help patients learn their rights, know where to go to get the answers they need and file a complaint with their health plan and state government agency.

By channeling patients' complaints through their state's regulatory agency, MyPatientRights.org is informing decision makers about the pattern of issues, delays, problems and denials patients face in their state's current health care system. The state agencies will motivate needed changes in the health plans and ultimately ensure affordable access to quality coverage.

Help to improve patient education and increase the accessibility, affordability and quality of the health care that all patients deserve by taking one simple step: file a complaint.

Visit www.MyPatientRights.org for more information.

MyPatientRights.org Website Badge

Link to MyPatientRights.org from your website using the code file below.

The badge image below will appear on your website and direct users to mypatientrights.org when they click on the image.



Code for Badge

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<a href="http://mypatientrights.org/" title="Visit the My Patient Rights website" target="_blank"></a>
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