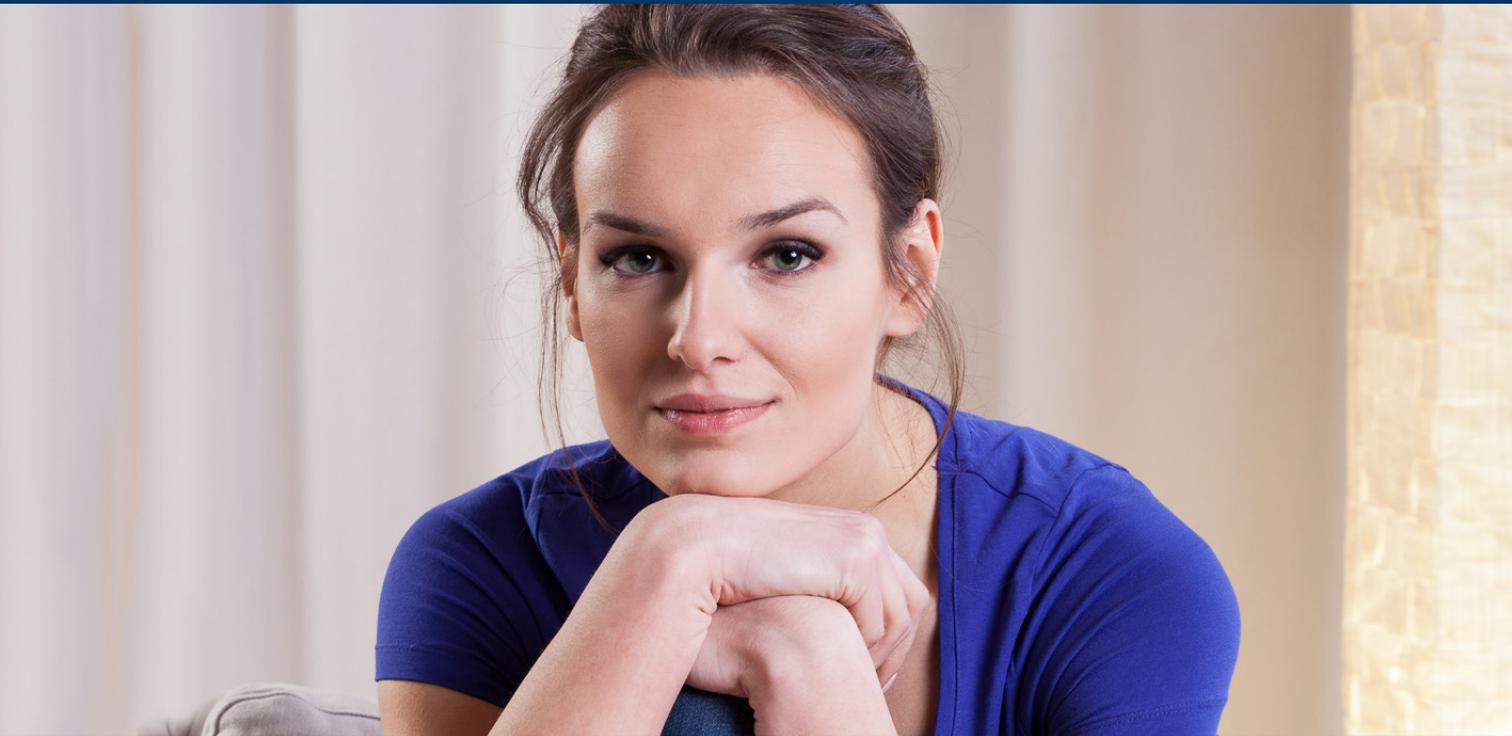


THE
Educated Patient[®]

Hepatitis C

RESOURCE GUIDE



A collection of resources that provide information and support for patients with Hepatitis C and the professionals who treat them.

From the Publisher

Hepatitis C is a disease caused by the hepatitis C virus (HCV). It produces inflammation of the liver, and may lead to impaired liver function, cirrhosis (scarring of the liver), or liver cancer. Hepatitis C is typically a slowly progressing disease, and many people with hepatitis C are “asymptomatic,” meaning they experience only mild or vague signs or symptoms of the disease (eg, nausea, fatigue, muscle or joint pain, loss of appetite, weight loss). A person may be infected with hepatitis C for decades before experiencing symptoms due to severe liver damage.

According to the Hepatitis Foundation International, there are between 3 and 4 million people in the United States with chronic hepatitis C infection, and about 170 million people are infected worldwide. Scientists have begun to better understand this disease fairly recently: the hepatitis C virus was discovered in 1989, and a blood test for screening was implemented nationwide in 1992.¹

Hepatitis C is spread through direct contact with the blood of an infected person, via intravenous drug use, blood transfusions, sexual contact, and transmission from infected mothers to infants. Although there is no vaccine to prevent infection with HCV, researchers have made great strides in recent years in developing medications for treating hepatitis C.

Because of the serious complications associated with hepatitis C, it is important that you educate yourself to better understand your diagnosis. Doing so will help you pursue the highest level of care as you work with your physician to understand and manage the condition.

To help you achieve these goals, this guide features important information that will help you understand hepatitis C and prepare you to work with your physician. In addition to educating readers about the causes and effects of hepatitis C, this guide offers information on health, diet, and emotional support to help patients cope with their disease. The Frequently Asked Questions section addresses common concerns and questions often asked by patients. Readers will also find a list of questions they can ask their physician or other health care provider during office visits.

The information in this guide describes useful resources and assistance programs offered by several organizations. These organizations provide educational resources, and many also provide financial assistance and patient support resources. These organizations also provide opportunities for patients and caregivers to connect with others via online message boards, social media, and in-person meetings and seminars.

We hope this guide helps you begin coping emotionally and physically with hepatitis C, and we wish you success in understanding your condition, pursuing quality care with the help of your health care team, and achieving better control of the disease.

REFERENCE

1. Hepatitis Foundation International. Hepatitis C. http://www.hepfi.org/pdfs/Hepatitis/Hepatitis_C.pdf. Accessed July 16, 2014.

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Information About Hepatitis C

What Is Hepatitis C?

The liver is one of the most important organs in your body. Located on the right side of the body right under the ribs, the liver has many functions, including filtering the blood and breaking down materials in your body, such as alcohol and medications. The liver also produces *bile*, which helps with the digestion of fats. When the liver is damaged by infections, diseases, or alcohol, it has a harder time doing its job.¹

Hepatitis C is an inflammatory disease that affects the liver. It is caused by an infection with the hepatitis C virus that lasts a few weeks or can progress to a lifelong (chronic) condition. The infection is called acute in the first 6 months after exposure to the virus. If the body is unable to clear the infection, it may develop into a chronic, lifelong disease that can lead to liver complications such as *cirrhosis*, *liver failure*, or *liver cancer*. Cirrhosis is scarring of liver tissue; it results when soft, healthy, and functional liver tissue is replaced with tissue that is not functional.^{2,3}

How Do I Get Hepatitis C?

Hepatitis C is a virus that is transmitted through contact with blood from a person who has the virus. Any situation where there is blood-to-blood contact, such as sharing needles, syringes, or accidental needle sticks, puts a person at possible risk for transmission of hepatitis C. There is also a chance of infection with hepatitis C if a person is born to a mother with hepatitis C or has unprotected sexual contact with someone with hepatitis C.^{2,3}

Hepatitis C is not spread via casual contact such as hugging or holding hands.^{3,4}

Who Is at Risk for Hepatitis C?

Some populations are at higher risk for hepatitis C:⁴

- Current and previous drug users (especially users of injectable drugs)
- People who have been on long-term kidney dialysis
- Children born to mothers infected with hepatitis C
- People engaging in unprotected sexual contact with a partner who has hepatitis C
- People receiving tattoos and piercings using non-sterile needles
- Health care workers at risk for exposure to blood
- People who have received a blood transfusion or undergone an organ transplant

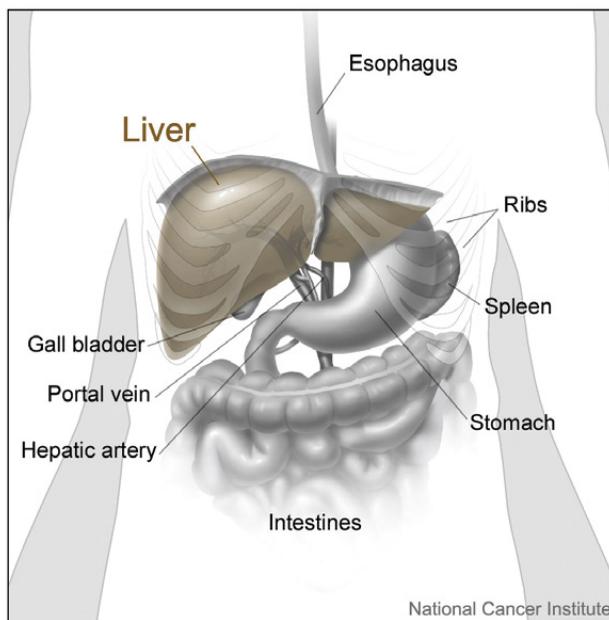


Illustration by Don Bliss / National Cancer Institute

What Are the Symptoms of Hepatitis C?

Hepatitis C can be hard to diagnose, as patients may not experience symptoms. A person who does experience symptoms may find that some symptoms may decrease or disappear over time as the body fights the virus. However, if chronic infection persists, a person with hepatitis C may experience new or worsening symptoms as their liver becomes damaged and scarred over time (cirrhosis).⁴

Some general symptoms of liver damage include:⁴

- *Jaundice* (yellowing of the skin and eyes)
- Pain in the upper right abdominal area
- Dark-colored urine
- Clay-colored or pale stools
- Itchy skin all over the body
- Fatigue
- Fever
- Nausea and vomiting
- Loss of appetite

How is Hepatitis C Diagnosed?

People who have any of the risk factors for being infected with hepatitis C should be evaluated by a physician. There are several different kinds of hepatitis C diagnostic tests, and a physician may order 1 or a combination of several.^{3,4}

Blood tests for hepatitis C^{3,4}

• Anti-hepatitis C antibody test

- **Antibodies** are produced by the body as a natural defense against viruses and infections. If a person is infected with hepatitis C virus, their body will make antibodies to fight the virus. The antibody test is used to detect any anti-hepatitis C antibodies in the blood.

▪ TEST RESULTS

- **Negative:** This means the person has not been exposed to the hepatitis C virus and is not infected.
- **Positive/Reactive:** This means that the body has encountered the hepatitis C virus at some point in the person's life, but it doesn't determine whether the infection is still active. As a next step, the hepatitis C RNA (PCR) test may be performed to check for active infection.

• Hepatitis C RNA (PCR) test^{3,4}

- The hepatitis C RNA test is used to detect how much of the virus is currently in the body. This test provides information on the "viral load" or how many virus particles are present. The RNA test will confirm that the infection is currently active. PCR stands for *polymerase chain reaction* and is the type of laboratory procedure used for this test.

▪ TEST RESULTS

- **Negative:** This means that the person does not have active infection.
- **Positive:** There is currently active hepatitis C infection as indicated by the presence of virus particles in the blood.

Can Hepatitis C Be Treated?

Yes. The goal of treatment of hepatitis C is to decrease the chance of liver damage. Some people do not need any medications to clear the infection. In these cases, the person's immune system is able to fight off the virus. However, there are treatment options for people who develop chronic hepatitis C infection and need medication to help fight the virus.^{3,4}

Antiviral medication: There are many different antiviral medications now available for the treatment of hepatitis C. The strain of the virus that a person is infected with will

determine which specific antiviral therapy they will receive. Newer antiviral medications act more directly against the hepatitis C virus and have more tolerable side effects than older medications. Treatment options may also include combination therapy with multiple antivirals.^{2,4}

Liver transplant: A liver transplant may be needed for a person who has been infected with hepatitis C for many years and has developed cirrhosis or liver cancer.^{2,4}

Can Hepatitis C Infection Be Prevented?

There is no *vaccine* for hepatitis C; however, there are strategies that can help protect you from being infected. Hepatitis C is a blood-borne virus, so the best way to prevent infection is to avoid participating in behaviors that increase the risk of infection, such as using intravenous drugs, sharing needles, and engaging in unprotected sexual contact.^{3,4}

Your Health Care Team

Your family doctor or general practitioner (who may be referred to as your primary care physician, or PCP) may be the first member of your health care team to test for hepatitis C. If you are diagnosed with hepatitis C, your PCP may refer you to a specialist, and together they will coordinate your care.⁵

Specialists who may be involved in your care include *hepatologists* (physicians who specialize in liver diseases) and *gastroenterologists* (physicians who specialize in diseases of the gastrointestinal tract and related organs, including the liver).⁶

What Is My Prognosis?

After exposure to the hepatitis C virus, a person will experience an acute infection. Many people will not have any symptoms, but some will experience general fatigue, loss of appetite, and weakness. About 25% of people with acute hepatitis C infection will recover without treatment and their body will clear the infection on its own.⁷

However, about 75% of people infected with hepatitis C will develop a chronic infection.^{7,8} Treatment may be required for chronic hepatitis C infection, to help prevent complications such as cirrhosis (scarring of the liver), liver failure, and liver cancer. Treatment response is evaluated via blood tests to evaluate the amount of virus in the blood. When the hepatitis C virus is undetectable in the blood, this is called a sustained virologic response (SVR). With older medications, over half of patients treated achieve SVR, and with newer antiviral medications, 80% or more achieve SVR.⁹

Health, Diet, and Emotional Support

Health¹⁰

It is important to stick to the treatment regimen prescribed by your health care team and also to maintain a healthy diet and level of physical activity. Consult with a health care professional before beginning any regimen of physical activity or starting a new diet.

It is important to stay physically active and maintain a healthy weight, as weighing either too much or too little can allow hepatitis C to progress more quickly. Engaging in regular exercise (15-30 minutes a day, 3-5 days a week) can help you maintain a healthy weight and proper immune system functioning.

Diet¹⁰

Maintaining a balanced diet is especially important for people with hepatitis C, as nutrition and certain foods can affect how the liver functions. Include foods from all food groups to help ensure a balanced diet.

- **Whole-grain breads, cereals, and grains:** Look for high-fiber, whole-grain carbohydrates such as whole-wheat pasta, quinoa, and brown rice; avoid refined carbohydrates such as white bread and sugar.
- **Vegetables and fruits:** To make sure your body gets enough nutrients, fill your plate with color. Choose vegetables and fruits that are brightly and naturally colored: dark leafy greens like spinach and kale and bright reds like tomatoes and peppers. You should eat at least 5 servings of vegetables and fruit every day. One serving is about 1 cup of cooked or uncooked vegetables or a half cup of fresh fruit. Fruit and vegetables provide many nutrients and also contain fiber, which helps with digestion and can help you feel full with fewer calories.
- **Dairy products:** Dairy products are a source of calcium and also provide protein and vitamin D. Choose dairy products that are low in fat or fat-free.

- **Meats, fish, dried beans, soy, nuts, eggs:** Protein is needed to help maintain muscle and repair tissue. Lean meats, fish, soy, nuts, and eggs are good sources of healthy protein. Instead of frying, prepare foods by boiling, baking, or stir-frying.

Too much salt can increase the amount of water retained in the body. Limit your sodium intake to about 1 teaspoon (2000 mg) a day by not adding extra salt to food at the table, avoiding fast food, and using less salt while cooking.

Hepatitis C causes damage to the liver. It is very important for patients with hepatitis C to refrain from drinking alcohol, because alcohol can also cause liver damage.

Talk to your physician before taking vitamins, herbal products, or “natural” supplements, as some vitamins may be toxic in high doses, and some herbal products can cause liver damage.

Emotional Support

Discussing your diagnosis and treatment with family and close friends can help ease the burden and stress of having hepatitis C. Having an open dialogue with your loved ones can be comforting; however, you may also want to connect with other patients who are living with hepatitis C infection. The resources in this guide can help you identify patient support groups in your area and enable you to share your experiences and concerns with other patients via blogs and message boards.



Frequently Asked Questions

What is hepatitis C?^{2,3,8}

Hepatitis is an inflammation or swelling of the liver. Hepatitis C is caused by the hepatitis C virus and can lead to an acute or chronic hepatitis infection. Some people experience acute infection with hepatitis C, but then clear out the virus without treatment. Others may have an acute infection that progresses to a chronic infection. Hepatitis C is a serious medical condition that can lead to complications such as cirrhosis (scarring of the liver) or liver cancer.

How do I know if I have hepatitis C?^{4,5}

Many people infected with the hepatitis C virus do not have any symptoms. The presence of symptoms such as jaundice (yellowing of the eyes and skin), itchy skin, fatigue, or pain in your abdomen may indicate liver damage. Make an appointment with your physician if you experience any symptoms that worry you, or if you believe that you may be at risk for hepatitis C.

How is hepatitis C diagnosed?^{3,4,8}

Hepatitis C is diagnosed through a series of blood tests. If a person suspects that they are infected with hepatitis C, their physician will test for anti-hepatitis C antibodies. Our bodies make antibodies to fight off infections, so if you have been exposed to the hepatitis C virus, your body will make antibodies against it. A negative result on the anti-hepatitis C antibody test means that you have not been exposed to hepatitis C. If your results are positive, that does not necessarily mean you have an active infection, so the hepatitis C RNA (PCR) test will be conducted to check how much of the virus is in your body.

What is an anti-hepatitis C antibody test?^{3,4,8}

The anti-hepatitis C antibody test is a diagnostic test that is done to determine whether you have ever been infected with the hepatitis C virus. Antibodies develop in your body when there is an infection and this specific test finds out if your body has been exposed to the hepatitis C virus and whether antibodies have been made. However, this test will not determine if there is active hepatitis C virus in your blood. Sometimes antibodies are still present in the body even after you have cleared out the infection. Further testing needs to be done if you have a positive result for the anti-hepatitis C antibody test to determine if there is active hepatitis C virus in the body. If there is a negative result to anti-hepatitis C antibody test, that means you have never been infected with the hepatitis C virus.

What is a hepatitis C RNA (PCR) test?^{3,4,8}

This test is done after the anti-hepatitis C antibody test and is used to determine how much of the hepatitis C virus you have in your blood (viral load). The hepatitis C RNA test shows if there is active virus in the body and how much the virus has replicated. A positive result on the RNA test indicates active hepatitis C infection. If you test negative, that means you do not have an active infection.

What happens if my test results come back positive?⁹

If both the anti-hepatitis C antibody test and the RNA test come back as positive, then further tests to determine the strain of the hepatitis C virus will be performed. Once your physician has a better understanding of the strain of virus, a specific treatment regimen may be started. Some of the anti-viral medications work better for certain strains of the virus.

How can I prevent myself from getting hepatitis C?⁵

There is currently no vaccine available for hepatitis C. The spread of hepatitis C may be prevented by avoiding the use of intravenous drugs, being cautious about body piercing and tattooing (ensuring that sterile needles are used), and practicing safer sex.

How is hepatitis C treated?⁵

Some patients with an acute infection will not need any medications to clear the infection. However, patients who develop chronic infection may need antiviral medications. Currently, combination therapies with multiple medications are used when treating patients with hepatitis C.



Glossary of Important Terms^{11,12}

Antibodies: Proteins produced by the body's immune system to fight infection

Alanine aminotransferase (ALT): Enzyme released by liver cells; can be detected in the blood; increased levels can indicate liver damage; not all patients with hepatitis C will have an increase in ALT

Aspartate transaminase (AST): Enzyme released by the liver and muscle; can be detected in the blood; increased levels can indicate liver damage; not all patients with hepatitis C will have an increase in AST

Bile: Liquid made by the liver to help break down fats and nutrients; also helps eliminate waste

Cirrhosis: Extensive scarring of the liver; can be caused by hepatitis or chronic alcohol abuse

Gastroenterologist: A doctor who specializes in conditions of the gastrointestinal tract and related organs such as the gallbladder and liver

Fibrosis: First stage of scar formation in the liver; scar tissue is formed and replaces healthy, living tissue of the liver when there is damage due to hepatitis, alcohol abuse, or another cause; may be mild or progress over time to cirrhosis

Hepatitis: Inflammation or swelling of the liver

Hepatitis A: Disease of the liver caused by the hepatitis A virus; this strain of the virus is transmitted through infected fecal matter usually from poor sanitary practices or contaminated food and water sources; a vaccine is available to prevent hepatitis A infection

Hepatitis B: Disease of the liver caused by the hepatitis B virus; this strain of the virus is passed from person to person through bodily fluids, such as blood, semen, or vaginal secretions; most commonly spread through sexual contact, sharing contaminated needles, and from mother to infant during birth; a vaccine is available to prevent hepatitis B infection

Hepatitis C: Disease of the liver caused by the hepatitis C virus; this strain of the virus is spread through direct contact with the blood of an infected person, via intravenous drug use, blood transfusions, sexual contact, and transmission from infected mothers to infants; produces inflammation of the liver, and may lead to impaired liver function, cirrhosis (scarring of the liver), or liver cancer; no vaccine is available to prevent hepatitis C infection

Hepatologist: A doctor who specializes in conditions affecting the liver

Human immunodeficiency virus (HIV): A virus that causes acquired immunodeficiency syndrome (AIDS), which is a condition that weakens the immune system and makes a person more susceptible to infections

Jaundice: Condition characterized by yellowness in the skin and eyes; jaundice is caused by many disorders such as hepatitis, bile-duct obstruction, liver disease, alcoholism, or poisons

Liver cancer: Inappropriate growth and spread of liver cells

Liver failure: Inability of the liver to function; a potential complication of chronic, untreated hepatitis

Liver function tests: Laboratory blood tests that indicate the status of the liver and detect liver damage; they look at different enzymes and proteins in the blood that are related to liver function

Liver transplant: Surgery during which a damaged liver is replaced with a donated, healthy, functioning liver

Polymerase chain reaction (PCR): A test used to determine the number of virus particles in the blood

Sustained virologic response (SVR): Successful response to treatment indicated by no detectable hepatitis C RNA in the bloodstream 6 months after completion of treatment

Vaccine: A substance that stimulates the immune system to create antibodies against a certain disease and is given to help reduce the risk of developing a specific disease

Viral load: Amount of a virus that is present in the bloodstream

Questions to Ask Your Physician

How can my disease be managed?

What is my viral load and how does that affect my prognosis?

How severe is the damage to my liver?

Are there tests to determine my liver function?

Will my disease progress without treatment?

Should I be tested for hepatitis A and B?

What is the course of treatment for my disease?

How long is treatment going to last?

How are the medications taken?

How will I know if the treatment has worked?

What tests are performed to monitor my health and how hepatitis C is affecting me?

Will I need to spend time in the hospital for treatment?

How often will I need to see a physician while on treatment?

What are the side effects of treatment?

Are there long-term risks from treatment?

Do I need to change or modify my diet?

Do I need to change any lifestyle habits?

How can I prevent spreading hepatitis C to others?

Will I have any physical limitations?

What support programs are available for me and my family?

Who can I speak with about financial concerns and insurance issues for my medications?

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American College of Gastroenterology— Patient Education and Resource Center: Hepatitis C

patients.gi.org/topics/hepatitis-c

The screenshot shows the website's header with the ACG logo and navigation menu. The main content area features a large image of a virus particle with the text "Hepatitis C: What You Need to Know" and a "READ MORE" button. A sidebar on the left lists various GI health centers and digestive health topics.

ADDRESS:

6400 Goldsboro Road
Suite 200
Bethesda, MD 20817

CONTACT INFO:

Phone: (301) 263-9000
E-mail: info@acg.gi.org

The American College of Gastroenterology (ACG) provides its members (currently more than 12,000 physicians from 82 countries) with the most accurate, up-to-date scientific information on digestive health and the etiology, symptomatology, and treatment of gastrointestinal disorders. ACG's advocacy in public policy arenas, and the work of its 22 committees, have made tremendous progress toward improving the future of clinical gastroenterology and the quality of care available to patients. The ACG Patient Education and Resource Center on hepatitis C is a rich source of educational information for patients with hepatitis C and their families.

Resource Checklist

- ✓ Information on hepatitis C
- ✓ Frequently asked questions
- ✓ Links for additional support
- ✓ Downloadable publications

American Liver Foundation—HEP C 123: Diagnosis, Treatment & Support Program

hepc.liverfoundation.org

ADDRESS:

American Liver Foundation
39 Broadway
Suite 2700
New York, NY 10006

CONTACT INFO:

Phone: (800) 465-4837
E-mail: hepc123@liverfoundation.org

The American Liver Foundation is an organization of scientists and health care professionals concerned with the rising incidence of liver disease and the lack of awareness among both the general public and the medical community. For this reason, its mission is to facilitate, advocate, and promote education, support, and research for the prevention, treatment, and cure of liver disease. The HEP C 123 - Diagnosis, Treatment & Support Program is the American Liver Foundation's dedicated online information resource center for hepatitis C.

Resource Checklist

- ✓ Information on hepatitis C
- ✓ Information on financial assistance
- ✓ Information for caregivers
- ✓ Webinars
- ✓ Glossary of terms
- ✓ Online community
- ✓ Downloadable publications

Hepatitis C Association

www.hepcassoc.org

The screenshot shows the Hepatitis C Association website. At the top left is the logo. A navigation bar includes links for HOME, ABOUT US, HEPATITIS C NEWS, UPCOMING EVENTS, BROCHURES, RELATED LINKS, NOTEWORTHY BULLETINS, and CONTACT US. The main banner features a person holding a globe with the text 'Awareness Beyond the community and into the world.' Below this are three columns: 'Hepatitis C News' with a list of articles, 'Important Notice' with a survey invitation, and a sidebar with 'AASLD Treatment Guidelines Update 2011', 'HEPATITIS C & APPLYING FOR SOCIAL SECURITY DISABILITY BENEFITS', and 'SEND A GIFT CARD'.

Hepatitis C Association
HOME | ABOUT US | HEPATITIS C NEWS | UPCOMING EVENTS | BROCHURES | RELATED LINKS | NOTEWORTHY BULLETINS | CONTACT US

Awareness
Beyond the community and into the world.
EDUCATION, AWARENESS, SUPPORT & ORGAN DONATION

What is Hepatitis?
Get an overview of Hepatitis and learn more about the three main viruses: Hepatitis A, B, and C.

Help4Hep
Need information about hepatitis C? Help4Hep (877-435-7443) is a non profit toll-free helpline - LETS TALK

Donations
Help enhance our education and awareness programs.

Hepatitis C News

- ▶ **AbbVie Files NDA For All-Oral Hep C Regimen**
READ NEWS
- ▶ **Action Plan for the Prevention, Care and Treatment of Viral Hepatitis**
Building on the success of the nation's first comprehensive cross-agency action plan, HHS released a 3-year update of the plan in April 2014. The updated plan builds on the foundation of the original action plan and seeks to harness:
 - New recommendations for health care providers regarding screening for hepatitis C;
 - Promising new developments in treatments for hepatitis C;
 - Mounting public awareness of and concern about hepatitis B and hepatitis C; and
 - The expansion of access to viral hepatitis prevention, diagnosis, care, and treatment offered by the Affordable

Important Notice

Attention people living with Hepatitis C!!

You are invited to participate in a web-based interview. Please contact Mr. Leonard at pfresearch@verizon.net. Qualified participants will complete three or four brief surveys which describe your day-to-day challenges with HCV. For each survey, you will receive \$30.

As the new drugs are used to treat HCV, there will be new challenges to communications between patients and their health care providers. You can help. Please take this anonymous survey that will provide information to help health care professionals address their patients' concerns and ultimately lead to improved patient care.

AASLD Treatment Guidelines Update 2011

HEPATITIS C & APPLYING FOR SOCIAL SECURITY DISABILITY BENEFITS
Review our bulletin.
[LEARN MORE](#)

SEND A GIFT CARD
Gift cards can be sent in lieu

ADDRESS:

1351 Cooper Road
Scotch Plains, NJ 07076

CONTACT INFO:

Phone: (908) 769-8479
E-mail: info@hepcassoc.org

The Hepatitis C Association focuses on educating patients and health care professionals about hepatitis C. The organization's website and initiatives help educate the public about the risk factors for hepatitis C infection, the need to protect liver health, and the importance of practicing healthy behaviors. The Hepatitis C Association is the managing partner for The Support Partnership, which operates Help4Hep (www.help4hep.org), a peer support toll-free line.

Resource Checklist

- ✓ Information on hepatitis C
- ✓ Information on clinical trials
- ✓ Information on financial assistance
- ✓ Downloadable publications
- ✓ Links for additional support

Hepatitis C Support Project— HCV Advocate

www.hcvadvocate.org

HCV Advocate

Clinical Trials | Contact Us | Site Map | Recursos en Español | SHARE | Search

GET TESTED. GET TREATED. GET CURED.

Welcome to HCVadvocate.org

Living Well with Hepatitis C

HCV Advocate
Celebrating 15 years of Living Positively—Making Matter

HCV Advocate Newsletter
July, 2014 — Now Online!

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HERBAL glossary

Special Features

Hepatitis C Treatments

Breaking

Important Message

ADDRESS:

PO Box 15144
Sacramento, CA 95813

CONTACT INFO:

E-mail: alanfranciscus@hcvadvocate.org

The Hepatitis C Support Project (HCSP) was founded in 1997 by Alan Franciscus and other HCV-positive individuals to address the lack of education, support, and services available at that time for patients. HCSP's HCV Advocate website provides unbiased information, support, and advocacy to all communities affected by hepatitis C and HIV/HCV coinfection, including medical providers.

Resource Checklist

- ✓ Information on hepatitis C
- ✓ Information on clinical trials
- ✓ Information on discrimination in the workplace
- ✓ Resource library
- ✓ Links for additional support

Hep C Connection

www.hepc-connection.org

The screenshot shows the homepage of the Hep C Connection website. At the top left is the logo "Hep C Connection" with the phone number "1 (800) 522-HEPC". To the right is the tagline: "An education, support, and prevention network for those affected by, or at risk for, hepatitis C." Below the logo is a navigation menu with links: Home Page, HCV Info, Programs, Services and Resources, Publications, About Us, and Events. A central banner features a man's face and the text: "Don't let what you did in the 60's and 70's mess you up today. Take the easy test for hepatitis C. www.hepc-connection.org". To the right of the banner is a sidebar with buttons for "Newsletter Signup", "Our Supporters", "Donate", "Volunteer", and "Online Store". Below the banner is a section titled "GET TESTED FOR HEPATITIS C!" with a list of risk factors: 1. Was born between 1945 and 1965. 2. Has ever injected drugs - even once! Ever! 3. Received blood or blood products before 1992. 4. Has or had a hepatitis C positive sexual partner. Below this list is a call to action: "Call 1-800-522-HEPC to schedule". To the right of the list is a "VIRAL HEPATITIS. ARE YOU AT RISK?" assessment graphic with the text "Take this online assessment." and a "LEARN MORE" button. Further right is a "BORN FROM 1945-1965?" graphic with the text "CDC recommends you get tested for Hepatitis C." and a "LEARN MORE" button. At the bottom right is a "facebook LIKE US!" button and a "CALENDAR" section with a "July 20 Donor Dash" event in Washington Park, Denver.

ADDRESS:

1325 South Colorado Boulevard
Building B, Suite 302
Denver, CO 80222

CONTACT INFO:

Phone: (800) 522-4372
E-mail: info@hepc-connection.org

Hep C Connection describes itself as one of the nation's premier hepatitis C-focused advocacy organizations. The organization's mission is to educate the general public about hepatitis C and to provide resources and support to those affected by hepatitis C. The Hep C Connection website provides a variety of educational and support opportunities for people living with hepatitis C, their families and friends, and health care professionals.

Resource Checklist

- ✓ Information on hepatitis C
- ✓ Information on clinical trials
- ✓ Downloadable publications
- ✓ Links for additional support
- ✓ Patient stories
- ✓ Newsletters

Mayo Clinic—Hepatitis C

www.mayoclinic.org/diseases-conditions/hepatitis-c/basics/definition/con-20030618

MAYO CLINIC

Search Mayo Clinic

Request an Appointment
Find a Doctor
Find a Job
Give Now

Log in to Patient Account
Translated Content

PATIENT CARE & HEALTH INFO | DEPARTMENTS & CENTERS | RESEARCH | EDUCATION | FOR MEDICAL PROFESSIONALS | PRODUCTS & SERVICES | GIVING TO MAYO CLINIC

Appointments at Mayo Clinic
Mayo Clinic offers appointments in Arizona, Florida and Minnesota and at Mayo Clinic Health System locations. [Request Appointment](#)

Diseases and Conditions
Hepatitis C [Print](#)

Basics | Care at Mayo Clinic | In-Depth | Expert Answers | Multimedia | Resources | News From Mayo Clinic

Definition
By Mayo Clinic Staff

Definition
Hepatitis C is an infection caused by a virus that attacks the liver and leads to inflammation. Most people infected with the hepatitis C virus (HCV) have no

Appointments & care
At Mayo Clinic, we take the time to listen, to find answers and to provide you the best

Advertisement
Mayo Clinic is a not-for-profit organization. Proceeds from website advertising help support our mission. Mayo Clinic does not endorse non-Mayo products and services.
[Advertising & Sponsorship Policy](#) | [Opportunities](#)

ADDRESS:

200 First Street, SW
Rochester, MN 55905

CONTACT INFO:

Phone: (507) 284-2511
E-mail: Online

Mayo Clinic's award-winning consumer website offers health information and self-improvement tools. Mayo Clinic's medical experts and editorial professionals bring you access to the knowledge and experience of Mayo Clinic for all your consumer health information needs, from cancer, diabetes, hepatitis C, and heart disease to nutrition, exercise, and pregnancy.

Resource Checklist

- ✓ Information on hepatitis C
- ✓ Tips for preparing for medical appointments
- ✓ Tips for coping
- ✓ Additional resources
- ✓ Blog

MedlinePlus—Hepatitis C

www.nlm.nih.gov/medlineplus/hepatitisc.html

The screenshot shows the MedlinePlus website interface. At the top left is the MedlinePlus logo with the tagline "Trusted Health Information for You". To the right, it states "A service of the U.S. National Library of Medicine NIH National Institutes of Health". Below the logo are navigation links: Home, About MedlinePlus, Site Map, FAQs, Contact Us. A search bar labeled "Search MedlinePlus" with a "GO" button is on the right. A horizontal menu contains "Health Topics", "Drugs & Supplements", "Videos & Cool Tools", and "ESPAÑOL". Below this is a "Other Topics" bar with letters A through Z and "All Topics". The main heading is "Hepatitis C" with the subtext "Also called: HCV". There are social media icons for Facebook, Twitter, YouTube, and RSS. The main text block describes the liver's function and the effects of hepatitis C. To the right is an image of a liver with the caption "#ADAM". Below the image is a "MEDICAL ENCYCLOPEDIA" section with links to "Cryoglobulins", "Hepatitis C", "Hepatitis virus panel", "Liver biopsy", and "Preventing hepatitis B or C". A "Related Topics" section lists "Hepatitis" and "Hepatitis A". At the bottom left of the screenshot is an email subscription form: "Get Hepatitis C updates by email" with a text input field "Enter email address" and a "GO" button, followed by a link "What's this?".

ADDRESS:
US National Library of Medicine
8600 Rockville Pike
Bethesda, MD 20894

CONTACT INFO:
E-mail: Online

The National Institutes of Health’s MedlinePlus website is produced by the world’s largest medical library, the National Library of Medicine. MedlinePlus provides reliable, up-to-date health information to patients, their families, and friends, including content about HCV as well as other diseases, conditions, and wellness issues.

Resource Checklist

- ✓ Information on hepatitis C
- ✓ Tips for coping
- ✓ Information on clinical trials
- ✓ Glossary of terms
- ✓ Links for additional support
- ✓ News

Caring Ambassadors Program— Hepatitis C

hepcchallenge.org

HEPATITIS C
Empowering People to be Ambassadors of their Own Health Since 1997.

Hepatitis C is the leading cause of liver cancer in the U.S.

ARE YOU VIRAL

GET TESTED. GET CURED.

**We promise to be bold in creating change.
We challenge you to be bold in your unique journey to wellness.**

By providing state-of-the-art information and services to address the knowledge gaps in Hepatitis C, we intend to change the course of this urgent public health crisis. We cannot do this without you. Get Involved. Become an advocate today! [Learn more >>](#)

Hepatitis C NEWS
Learn More

Newly Diagnosed?
Learn More

GET INVOLVED

ADDRESS:

PO Box 1748
Oregon City, OR 97045

CONTACT INFO:

Phone: (503) 632-9032
E-mail: Lorren@CaringAmbassadors.org

The mission of the Caring Ambassadors Program is to “help improve the lives of those affected by challenging health conditions through advocacy, information, and support.” To achieve its goal, the program empowers individuals with hepatitis C to become ambassadors for their own health in an effort to optimize their overall wellness day by day.

Resource Checklist

- ✓ Information on hepatitis C
- ✓ Information on clinical trials
- ✓ Testing facilities and treatment center locator
- ✓ Patient video stories
- ✓ Links for additional support
- ✓ News

HCV Support

hcvsupport.org

Welcome, **Guest**. Please login or register.

Member Testimonials:
"This site is a God send. Without this site my daughter would never have made it through treatment. A rare combination of knowledgeable and compassionate members."
- trnc

Home Forum Forum Rules HCV Info Search Calendar Contact Login Register

Select Language Powered by Google Translate

HCV Support

8
YEAR ANNIVERSARY

HCV Support celebrates 8 years of providing knowledge, support, and encouragement to those affected by hepatitis C.

Since 2005 HCV Support and it's dedicated and caring online support members have been providing anonymous online peer support to hepatitis C patients from all around the globe.

If you've been diagnosed with hepatitis C, or have a family member or loved one affected by hepatitis C, then HCV Support is

Join Us!

KNOWLEDGE - SUPPORT - ENCOURAGEMENT

I joined and immediately people reached out to me like I'd been on this site forever. Im so grateful. This is my first treatment and I was scared and lonely. Everyone here made this so much easier for me and Im so thankful.
"chelsee75"
HCV Support Memeber since 1/23/2012

I'm not strong for a girl, Im just strong.

If you've been diagnosed with Hepatitis C
Join our supportive community of peers who truly understand and care.

HCV Support PSA

REGISTER NOW! Become an HCV Support member TODAY! CLICK HERE

Help4Hep HH Need Information about hepatitis C? Help4Hep (877-435-7443) is a non-profit toll-free helpline - LETS TALK

First Steps with Hepatitis C for the Newly Diagnosed

CONTACT INFO:

E-mail: Online

HCV Support is an online support community committed to helping patients with hepatitis C receive the knowledge and encouragement they need. Since 2005, HCV Support and its dedicated and caring online support members have provided anonymous and empathetic peer-to-peer connections to patients with hepatitis C from all around the globe.

Resource Checklist

- ✓ Information on hepatitis C
- ✓ Internet forum
- ✓ Downloadable publications
- ✓ Links for additional support

Inspire—American Liver Foundation Support Community

www.inspire.com/groups/american-liver-foundation/topics/hepatitis-c

The screenshot shows the Inspire website interface for the American Liver Foundation Support Community. At the top, there's a navigation bar with 'Inspire' logo, 'Health Communities', a search bar, and 'Log in' and 'Sign up' buttons. Below this is a header for the 'American Liver Foundation Support Community' with a navigation menu: Home, New, Recommended, Discussions, Journals, Members, About, Sign up. A search bar is also present. The main content area is titled 'Hepatitis C' and includes a sub-header 'Information and support for hepatitis C.' Below this, there are sections for 'Discussions' and 'Things you can do'. The 'Discussions' section features two posts: 'Just got here, wondering what's next?' by Hjhjr and 'new to hepatitis c' by mimy007. The 'Things you can do' section has four buttons: 'Start a discussion', 'Post a journal entry', 'Meet others like you', and 'Update your profile'. At the bottom right, there's a section for 'Support the American Liver Foundation' with the text 'Help the American Liver Foundation'.

ADDRESS:

66 Witherspoon Street
Suite 402
Princeton, NJ 08540

CONTACT INFO:

E-mail: Online form

Inspire was created with the belief that patient contributions to medical progress have been historically underappreciated, and that progress in medical research will result from involving patients as well as fully valuing their contributions. This privately held company partners with organizations to provide online patient communities in a safe, privacy-protected environment. The American Liver Foundation Support Community connects patients, families, friends, and caregivers for support and inspiration.

Resource Checklist

- ✓ Information on hepatitis C
- ✓ Create-your-own website feature
- ✓ Connect with other hepatitis C patients

American Liver Foundation— HEP C 123: Financial Assistance

hepc.liverfoundation.org/resources/what-if-i-need-financial-assistance-to-pay-for-treatment

The screenshot shows the American Liver Foundation's HEP C 123 website. The header features the logo and the text "HEP C 123 DIAGNOSIS, TREATMENT & SUPPORT". A navigation bar includes links for "WHAT IS HEPATITIS C?", "DIAGNOSIS", "TAKING ACTION", "TREATMENT", "SUPPORT", "RESOURCES", "CAREGIVERS", and "CONTACT US". The "RESOURCES" link is highlighted. Below the navigation bar, the page title is "Hepatitis C Helpline 800-GO-LIVER (800-465-4837) M-F 9am-7pm EST". The breadcrumb trail reads "Home > Resources > What if I need Financial Assistance to Pay for Treatment?". On the left, a sidebar menu lists various resources, with "What if I need Financial Assistance to Pay for Treatment?" selected. Below the sidebar is a red button labeled "Enroll in HEP C 123". The main content area has a teal header for "RESOURCES" and a sub-header "What if I need Financial Assistance to Pay for Treatment?". The text explains that patients may be eligible for assistance programs and lists two resources: "American Liver Foundation" (with a "Download" link) and "Pharmaceutical Patient Assistance Programs".

ADDRESS:

American Liver Foundation
39 Broadway
Suite 2700
New York, NY 10006

CONTACT INFO:

Phone: (800) 465-4837
E-mail: hepc123@liverfoundation.org

The American Liver Foundation is an organization of scientists and health care professionals concerned with the rising incidence of liver disease and the lack of awareness among both the general public and the medical community. For this reason, its mission is to facilitate, advocate, and promote education, support, and research for the prevention, treatment, and cure of liver disease. The “What if I need Financial Assistance to Pay for Treatment?” page of the Foundation’s HEP C 123 section of the website provides information about patient assistance programs and resources for eligible patients.

Resource Checklist

- ✓ Financial assistance resource support guide
- ✓ Information on a free drug discount card
- ✓ Prescription assistance programs
- ✓ Links for additional support

NeedyMeds

www.needymeds.org

HELPLINE 800-503-6897 CONTACT US EN ESPAÑOL

NeedyMeds Find help with the cost of medicine

DONATE NOW

Home Patient Savings Advocates Getting Started Services About Us News Blog

Start typing drug name

Drug Search

Drug Pricing Calculator
Find drug prices and pharmacies
search >

NeedyMeds Drug Discount Card

BIN: 600428
RX PCN: 05080000
RX GRP: 05360001
ID: NM0903150000

This is a drug discount program, not an insurance plan.

Medication Reminders On-The-Go App

NeedyMeds Drug Discount Card App

- Download the card for savings
- Includes Pharmacy Finder
- Updated for iPhone and Android

NeedyMeds Now a Responsive Site

The NeedyMeds site can now be viewed on mobile devices. [Read these suggestions](#) if you are having trouble viewing the site.

Subscription Center

- Subscribe to Services
- Order Print Materials

Over \$66,519,306.94 Saved With NeedyMeds Drug Card

NeedyMeds Drug Discount Card

BIN: 600428
RX PCN: 05080000
RX GRP: 05360001
ID: NM0903150000

This is a drug discount program, not an insurance plan.

Save on Your Prescriptions

The NeedyMeds Drug Discount Card may save you up to 80% off the cost of your prescriptions, OTC medications and pet prescriptions purchased from a pharmacy. [Download a card](#) and start saving.

1 2 3 4 5 6 7

HELPING YOU pay for your medicine

Patient Assistance

ADDRESS:
PO Box 219
Gloucester, MA 01931

CONTACT INFO:
Phone: (800) 503-6897
E-mail: info@needymeds.org

NeedyMeds is a national non-profit organization that provides free information on programs to help people who can't afford the costs of medications and health care services. NeedyMeds is not a patient assistance program, but rather a source of information on thousands of programs that may be able to offer financial support to people in need.

Resource Checklist

- ✓ Prescription coverage programs
- ✓ Drug pricing calculator
- ✓ Mobile apps
- ✓ Webinars
- ✓ Blog
- ✓ Links for additional support

Partnership for Prescription Assistance

www.pparx.org

The screenshot shows the website's header with the PPA logo and '9TH ANNIVERSARY' text. A 'SCAM ALERT' banner is prominent. The main navigation includes 'ABOUT US', 'PRESCRIPTION ASSISTANCE PROGRAMS', and 'NEWS & MEDIA'. A central content area features a testimonial from a man, a 'GET HELP NOW' button, and a sidebar with 'IMPORTANT INFORMATION for HIV/AIDS Patients' and a link to a disaster relief page. A footer section titled 'What is the Partnership for Prescription Assistance?' explains the organization's mission.

English | Español

Partnership for Prescription Assistance

9TH ANNIVERSARY

SCAM ALERT: Scam artists are approaching seniors and the uninsured claiming to represent our organization and others. [Click here to read more.](#)

ABOUT US PRESCRIPTION ASSISTANCE PROGRAMS NEWS & MEDIA

I GOT HELP
"After my heart attack, I ... did not have prescription medicine coverage. The Partnership for Prescription Assistance helped me ... and now I receive four of my life-saving medicines for free."

YOU CAN GET HELP

- More than 2,500 medicines
- 475 patient assistance programs

GET HELP NOW

IMPORTANT INFORMATION for HIV/AIDS Patients
GO →

Have recent natural disasters affected your ability to get access to your prescription medicines?
CLICK HERE

More resources for: [Patients](#) [Patient Advocates](#)

What is the Partnership for Prescription Assistance?
The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines by matching them with the right assistance programs. Many will get their medications free or nearly free.

CONTACT INFO:

E-mail: Online

The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free. The organization's mission is to increase awareness of patient assistance programs and boost enrollment of those who are eligible. The Partnership for Prescription Assistance serves as a single point of access to more than 475 public and private programs, including nearly 200 offered by biopharmaceutical companies. The organization has already helped millions of Americans get free or reduced-cost prescription medicines.

Resource Checklist

- ✓ Prescription coverage programs
- ✓ Copay assistance
- ✓ Medical supply assistance

Patient Education Resources

Website	Address	Contact
American College of Gastroenterology—Patient Education and Resource Center: Hepatitis C patients.gi.org/topics/hepatitis-c	American College of Gastroenterology 6400 Goldsboro Road, Suite 200 Bethesda, MD 20817	Phone: (301) 263-9000 E-mail: info@acg.gi.org
American Liver Foundation—HEP C 123: Diagnosis, Treatment & Support Program hepc.liverfoundation.org	American Liver Foundation 39 Broadway, Suite 2700 New York, NY 10006	Phone: (800) 465-4837 E-mail: hepc123@liverfoundation.org
Hepatitis C Association www.hepcassoc.org	Hepatitis C Association 1351 Cooper Road Scotch Plains, NJ 07076	Phone: (908) 769-8479 E-mail: info@hepcassoc.org
Hepatitis C Support Project—HCV Advocate www.hcvadvocate.org	Hepatitis C Support Project PO Box 15144 Sacramento, CA 95813	E-mail: alanfranciscus@hcvadvocate.org
Hep C Connection www.hepc-connection.org	Hep C Connection 1325 South Colorado Boulevard Building B, Suite 302 Denver, CO 80222	Phone: (800) 522-4372 E-mail: info@hepc-connection.org
Mayo Clinic—Hepatitis C www.mayoclinic.org/diseases-conditions/hepatitis-c/basics/definition/con-20030618	Mayo Clinic 200 First Street, SW Rochester, MN 55905	Phone: (507) 284-2511 E-mail: Online
MedlinePlus—Hepatitis C www.nlm.nih.gov/medlineplus/hepatitisc.html	US National Library of Medicine 8600 Rockville Pike Bethesda, MD 20894	E-mail: Online

Support Group Resources

Website	Address	Contact
Caring Ambassadors Program—Hepatitis C hepcchallenge.org	Caring Ambassadors Program, Inc PO Box 1748 Oregon City, OR 97045	Phone: (503) 632-9032 E-mail: Lorren@CaringAmbassadors.org
HCV Support hcvsupport.org		E-mail: Online
Inspire—American Liver Foundation Support Community www.inspire.com/groups/american-liver-foundation/topics/hepatitis-c	Inspire 66 Witherspoon Street, Suite 402 Princeton, NJ 08540	E-mail: Online

Financial Assistance Resources

Website	Address	Contact
American Liver Foundation—HEP C 123: Financial Assistance hepc.liverfoundation.org/resources/what-if-i-need-financial-assistance-to-pay-for-treatment	American Liver Foundation 39 Broadway, Suite 2700 New York, NY 10006	Phone: (800) 465-4837 E-mail: hepc123@liverfoundation.org
NeedyMeds www.needy meds.org	NeedyMeds, Inc PO Box 219 Gloucester, MA 01931	Phone: (800) 503-6897 E-mail: info@needy meds.org
Partnership for Prescription Assistance www.pparx.org		E-mail: Online

