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**CAFP** wants to put a human face on the problem of being uninsured. Our legislators know that more than six million Californians do not have health insurance ... but **6,000,000** is just a number.

As family physicians, you know the personal consequences your patients face. As part of CAFP's work to get all Californians covered, we'd like to help you tell your patients' stories, stories about the human costs the uninsured pay.

This is a way you can help your uninsured patients, help the cause of family medicine and help push California's legislators to take action on health care reform.

Primary and preventive care is the bedrock of health care. Family physicians deliver the care that can keep our population as healthy as possible. Without insurance, though, not all Californians can access that care. Those are the stories we'd like you to tell.

CAFP will post the stories and photos we receive of our members' patients on our Web site, then take that page live on one day. We'll alert the media and state and federal legislators. We'll call that day "A Day in the Life of the Uninsured."

Let's end the plight of your patients who struggle to get the care they need. Let's help them by compassionately telling their stories to a broad and high-level audience they cannot reach on their own.

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# "a DAY IN THE LIFE OF THE UNINSURED"

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January 2009

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[www.adayinthelifeoftheuninsured.org](http://www.adayinthelifeoftheuninsured.org)

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# ONLY CONSTANT PRESSURE ON OUR STATE AND FEDERAL LEGISLATORS WILL SOLVE THE SHAMEFUL PROBLEM OF OUR UNINSURED PATIENTS.

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## "A DAY IN THE LIFE OF THE UNINSURED" PROJECT

Take 30 minutes to make a difference in the lives of your uninsured patients!

### Participation Instructions

1. Identify 1-3 patients in your practice whom you will see in the next few months who are now, or recently have been, uninsured and whose stories you think are compelling;
2. Ask those patients if they are willing to have their stories told and, if so, if they would sign our consent form (back page; in two places; one per patient) and allow you to take their photos;
3. Use your cell phone or a digital camera to take the photos, identifying each patient by first name and last initial;
4. Obtain a signed consent form (for HIPAA and photo);
5. Write a brief story (no more than 12-15 lines) about how not having health insurance has affected your patient's life/health; see the samples on the facing page;
6. **E-mail your stories and patient photos to CAFPP, Attention Susan Hogeland ([shogeland@familydocs.org](mailto:shogeland@familydocs.org));**
7. Fax or mail the written consent forms with your patients' full names and signatures to CAFPP at 415-345-8668 or 1520 Pacific Avenue, San Francisco CA, 94109.

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### QUESTIONS?

E-mail Susan Hogeland, [shogeland@familydocs.org](mailto:shogeland@familydocs.org) or Shelly Rodrigues, [srodrigues@familydocs.org](mailto:srodrigues@familydocs.org) or call 415-345-8667.

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PLEASE ... JUST TELL YOUR PATIENT'S HEALTH STORY  
AND THE IMPACT NOT HAVING INSURANCE HAS ON HIS OR HER HEALTH.

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"One of the most difficult aspects of my medical practice is seeing uninsured patients who have gone without the care and medications they need to stay healthy. The results are often disastrous. Fran has diabetes and as a result of our recent regular visits, she has been successfully managing the disease for more than a year, but this was not always the case. Because she couldn't afford to see a doctor, Fran didn't know she had developed diabetes, which, initially, can be a silent disease. She nearly lost a finger to the disease when she contracted gangrene at the site of a small cut. Her finger was saved, but only after expensive surgeries that could have been prevented and the pain and anxiety they entailed. It frustrates me that things like this happen to Fran and other patients I see for free because, from time to time, they have no health insurance."



"I am amazed by the number of patients I see who have not visited a doctor for several years, even when they are at high risk for developing a disease that would best be treated early and that could be fatal if not detected until later. Maria has a long family history of cancer. Her mother died young of breast cancer and her father died young of colon cancer. A patient Maria's age with this kind of family history should be screened at least annually for both types of cancer. Even though she works full-time, she has no health insurance and when she came to see me recently, it was her first medical visit in 10 years. Those 10 years were filled with worry because, as she explained to me, each time she had a lingering ache or pain, she feared she might have cancer. Now Maria is receiving basic care at our clinic, but she worries that getting cancer or another serious illness would drive her into massive debt. If Maria could afford health insurance and it were available to her at a reasonable cost, she'd buy it. But where is insurance available at a reasonable cost?"



"When Miguel comes in to see me, I know he must be really sick because he really can't afford care on a regular basis for several chronic conditions. While I have tried to help him obtain medications through some of the free programs supported by pharmaceutical companies, it's a very time-consuming process and his medication needs change frequently. I am certain that when he can't get medications for free, he doesn't get them at all. His blood pressure is nearly off the chart at times and we work on dietary issues to help him control it, but medication would make a big difference. I am willing to give him free care, but that doesn't help much if he can't get access to needed drugs. Sometimes I feel so powerless to help him as I know he should be helped."

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HIPAA AUTHORIZATION FOR DISCLOSURE OF PRIVATE INFORMATION AND  
PHOTOGRAPH RELEASE TO CALIFORNIA ACADEMY OF FAMILY PHYSICIANS

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I \_\_\_\_\_, (patient) do hereby consent to and authorize  
\_\_\_\_\_ MD/DO to release to the California Academy of Family  
Physicians ("CAFP"), 1520 Pacific Avenue, San Francisco, California 94109, information  
pertaining to my identity (first name only), diagnosis, prognosis, and/or treatment plan and  
photographs of me.

This information will be used to call public and media attention to the uninsured by  
demonstrating the breadth and depth of challenges faced by patients and physicians daily due to  
the lack of healthcare coverage. The information will be posted on a CAFP Web site  
(www.adayinthelifeoftheuninsured.org) containing the faces and stories of individuals all over  
California, identified by first name only, who are cared for by family physicians.

I understand that by law my information will remain confidential and not be used if I choose not  
to sign this release. I understand my medical care will not depend in any way on whether I sign  
this consent. However, I choose to do so willingly and voluntarily for the purpose specified  
above. This authorization of consent will have one year's duration. I understand that I may  
revoke it at anytime except to the extent that action has been taken in reliance on my consent.

I understand that I am entitled to a copy of this document in its completed form.

\_\_\_\_\_  
(Signature of Patient) (Date)

\_\_\_\_\_  
(Signature of Witness \*) (Date)

*\* The witness can be the physician, office staff, patient's family member, friend or ...*

**For CAFP Use:**  
FP Name: \_\_\_\_\_  
Patient 1st Name: \_\_\_\_\_  
Date submitted: \_\_\_\_\_

**MY PATIENT'S STORY:**  
Please print neatly or type here, or **e-mail with photo to shogeland@familydocs.org.**