



My Lymph Twin Cities

Join others in our community living with lymphedema and connect with people who truly understand the impact it has on our lives. Each meetup, normally using ZOOM, will involve engaging and collaborative discussion on a topic surrounding lymphedema, and a chance to ask questions, get tips and learn how others manage and live with this condition.

Navigating “The System” Part I - January 27, 2024

Join us when My Lymph welcomes Erin Hartung, director of legal services & managing attorney, ICARE Program at Cancer Legal Care, www.cancerlegalcare.org, to our winter meetings. Erin will cover several topics in two parts, one in January and one in February. The January session will cover:

- Self-advocacy: being proactive, limits of being proactive
- Questions to ask; identifying what we don't know but should
- Accessing/understanding electronic charting (e.g., MyChart)
- Accessing medical records
- Dealing with billing issues, unexpected bills, incorrect bills, etc.
- Resources and Q&A

Navigating “The System” Part II - February 24, 2024

Erin Hartung returns for Part II, which will cover:

- Insurance fundamentals: self-advocacy with insurers and Medicare, understanding Explanations of Benefits (EOBs), billing codes
- Insurance appeals, when to handle alone or seek help
- Lymphedema Treatment Act (LTA), garment coverage under Medicare
- Resources and Q&A

Additional meetings in **2024**: dates **TBD** for spring and fall. Topics to include: *Lymphedema 101* (with newer or newly diagnosed and new members in mind), *Lymphedema Tools* (pumps, etc.), *Surgery* (options/types, resources, eligibility, shared stories)

All meetings are on Saturdays from 10 a.m. - 12 noon with a speaker presentation in the first hour and sharing and discussion in the second hour.

Join for one or both hours! For additional information or to be added to the e-mail list for meeting reminders, please write to mylymphct@gmail.com or contact Nancy Adsem at nancyadsem@gmail.com or Barb Newton at barbnewton1144@gmail.com.