

We All Need a Woman Advocate

A woman advocate is a trained professional, colleague, friend or family member who serves an individual obtaining health care, with an awareness of her* herstory, power dynamics, sexism, cis-sexism, racism, ableism and other oppressions she is up against in Status Quo Health Care** and in everyday life. Women can obtain better care from their health provider by having another set of eyes and ears with them. Having a woman advocate is a radical act of self care, and woman advocacy is a central component of health care empowerment.

WomanSafeHealth and your woman advocate promote personal empowerment and care analysis to help you obtain the best possible health care.

- You have the right to a safe environment, free from disrespect, pressure or coercive tactics
- You have the right to refuse any service without obligation or harassment, and that, even if given a pressing diagnosis, you have the time to evaluate all options
- You are encouraged to actively participate in designing your own woman advocacy plan
- You have a right to 2nd and 3rd opinions, especially for serious health conditions

**we refer to clients with “she” and “her” pronouns for simplicity. Our clients, who are women, girls, trans and gender non-conforming people, are always asked what pronoun they want us to use*

***the current health care system in the United States which is money-driven and male-driven, is hierarchical in its approach, and purposely does little to serve the needs and concerns of women*

Your Woman Advocacy Team

We have a diverse team of woman advocates available for you to choose from. At WomanSafeHealth, you decide who best fits your individual needs.

Your Woman Advocacy Program Co-Directors



Emma Greene, CMT, is the Woman Advocacy Program Co-Director, WomanSafeHealth Practice WoManager, woman advocate and an electronic medical records specialist, who joined WomanSafeHealth in 2013. She has a background in childhood development, massage therapy, business, doula services and trauma recovery. She is co-authoring Elizabeth Shadigian's second book, WomanSafeHealth: Practice Creation.



Rachel Dick, MA, is the Woman Advocacy Program Co-director and a woman advocate. She has a BS and a MA in Women's & Gender Studies and is beginning a MA program in Counseling Psychology. She worked as an advocate for over 5 years, and her passion for woman advocacy developed after becoming chronically ill and realizing how crucial woman advocacy is to health.

Woman Advocacy Pledge

I pledge to:

welcome you, listen to you, believe you, protect your privacy, be accountable to you and respect your “no”;

be compassionate and professional;

have a high awareness, acceptance and affirmation of the specific needs you have as my client based on your age, gender, class, ethnicity, race and trauma herstory;

engage in open, honest and transparent communication with you throughout this process; and

assist you in creating individualized goals and an individual definition of healing and wellness, including what it means to cope, manage and thrive.

Woman Advocacy Services

Health Care Advocacy

- Preparing for and attending health care visits
- Coordinating referrals, appointments, medical records, prior authorizations, prescription challenges, 2nd opinions, travel issues, etc.
- Researching diagnoses and procedures
- Medical errands: calling in, dropping off and delivering prescriptions and medical samples/tests
- Navigating insurance claims, benefits, and appeals
- Finding medical, mental health, dental, addiction, domestic violence/sexual assault resources, etc.
- Assist in creating a personal care and advocacy community

Other Advocacy

- Coordinating home organization, grocery delivery, child care, pet care services, etc.
- Facilitating lifelong learning
- Goal setting and execution, including financial
- Friend of the Court (FOC) services/mediation
- Reentering workforce
- Internet education
- Preparing resume/CV
- Applying for social services: health insurance, food assistance, child care, job placement
- Referral to legal aid programs
- Coordinating self care
- Accessing community resources
- Documentation/Journaling
- Being a witness

Woman Advocacy Training

WomanSafeHealth's Woman Advocacy Program offers training options to anyone who would like to become a woman advocate:

- In-person classes
- Online classes
- 1-on-1 Mentoring

www.womansafehealth.com



WomanSafeHealth

We welcome women, girls, trans and gender nonconforming people of every age and ability, size, shape, color, sexuality and identity, from all social, spiritual and cultural backgrounds.

We provide a safe, family-friendly environment in which you can seek, explore, define and receive WomanCare and Gynecology health services.

WomanCare meets a woman's physical and psychological health needs through conventional and alternative approaches, and encourages and promotes self-care.

We welcome those who feel unwelcome in other medical settings and those who have experienced physical and/or sexual violence or disrespect.

We provide a secure, private, barrier-free, fragrance-free, environmentally friendly office including cotton linens, bamboo cabinets and floors, and low VOC paints.

Our Philosophy of WomanCare

WomanSafeHealth is a safe, respectful and compassionate practice in which each client defines and obtains Empowering WomanCare and Gynecology health services.

Please Contact Us

We are pleased to speak with you or email about the services we offer, our prices and payment policy, our philosophy of WomanCare, and to schedule a Woman Advocacy appointment.



Email or call your Woman Advocate
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WomanSafeHealth

Woman Advocacy Program



Our Guiding Principles

I welcome you
I listen to you
I believe you
I protect your privacy
I am accountable to you
I respect "no"