

## Synopsis for

# ***How to Save your Life in a Complex Healthcare System***

### **2-line Summary**

*How to Save your Life in a Complex Health Care System* opens up the conversation on the challenges faced within health care systems and how patients need to be more proactive participants in their health care management.

### **Short Synopsis**

*ACTIVATE – How to Save your Life in a Complex Health Care System* opens up the conversation on the challenges faced within health care systems and how patients need to be more proactive participants in their health care management. *ACTIVATE* is a quick reference guide for both patients, care partners and health care professionals looking for guidance and solutions on how to put one's health in one's own hands and collaborate with health care teams.

### **Medium Synopsis**

*ACTIVATE – How to Save your Life in a Complex Health Care System* opens up the conversation on the challenges faced within health care systems and how patients need to be more proactive participants in their health care management. *ACTIVATE* looks at how health care systems can be complex and overburdened and how simple actions by patients and care partners, can literally save a life. It is a quick reference guide for both patients, care partners and health care professionals looking for guidance and solutions on how to put one's health in one's own hands and collaborate with health care teams. A quick and compelling read interlaced with personal story and ideas – worth reading and sharing – this message might save a life.



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## Long Synopsis

*ACTIVATE – How to Save your Life in a Complex Health Care System* opens up the conversation on the challenges faced within health care systems and how patients need to be more proactive participants in their health care management. Unfortunately, the reality is that our sickest patients are frequently harmed inside our health care systems. Medical error is the third leading cause of death in the US and many other countries around the world, including Canada. This is not a problem that exists within only one country; nor is it unique to developed or developing nations. It is a global challenge. Delivering optimal health care at a cost-effective price without doing harm is a daunting task for any country, government or organization. This is not only because of the complexity of health care systems and the human bodies they interact with, but also because we are dealing with human lives. Claire Snymen speaks from her own personal experience as a brain tumor survivor having navigated the complex waters of the health care system. *ACTIVATE* looks at how health care systems can be complex and overburdened and how simple actions by patients and care partners, can literally save a life. *ACTIVATE* is a quick reference guide for both patients, care partners and health care professionals looking for guidance and solutions on how to put one's health in one's own hands and collaborate with health care teams. A quick and compelling read interlaced with personal story and ideas – worth reading and sharing – this message might save a life.

## TESTIMONIALS

“This is a little handbook packed with valuable information on how to effectively use the health care system which more often than not is a “non-system.” It is written from the patient perspective based on the personal experience of the author. I think many readers would benefit from the advice whether as a consumer or provider of health care. A model of how to be an informed and engaged health care consumer is provided and explained.”

“Clear and well laid out, this book is a true gift for anyone engaged in a struggle with a health issue.”

“*Activate - How to Save Your Life in a Complex Health Care System* is a much-needed and timely resource for both patients and professionals in healthcare systems. The arguments in this book were triggered by the author's own medically-related trauma and her experience that medical diagnoses can paradoxically be life-threatening when patients are misdiagnosed. Using her own experience within a complex healthcare



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system as a foundation, the author explains a carefully thought-out TEAM approach to proactively participating in your own diagnosis, and ultimately treatment. A multifaceted approach, is according to Claire, the key to avoiding or at the very least, limiting; medical misdiagnoses. Further, her book also highlights the need for mindset change in both patients and the medical professionals by advocating a patient-informed approach and improved two-way communication between the patient and the health-care professional.”

## Book Details and Purchase Information

**Book Title:** Activate - How to Save Your Life in a Complex Health Care System

**Author:** Claire Snyman

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