






**4 Ways to Marketplace Coverage**

<p><b>Online</b></p> <p>Visit <a href="http://HealthCare.gov">HealthCare.gov</a> to apply and enroll on the web. This is the fastest way to get covered.</p> 	<p><b>Over the phone</b></p> <p>Call the Marketplace Call Center at 1-800-318-2596. TTY users should call 1-855-889-4325. A customer service representative can help you apply and enroll over the phone.</p> 
<p><b>In-person help</b></p> <p>Get help from people in your community trained to help you apply and enroll in the Marketplace. Visit <a href="http://LocalHelp.HealthCare.gov">LocalHelp.HealthCare.gov</a>, or call the Marketplace Call Center.</p> 	<p><b>Paper application</b></p> <p>Fill out and mail in a paper application. You'll get eligibility results in the mail within 2 weeks.</p> 

Health Insurance Marketplace CMS Product No. 11751 Revised March 2017

healthCare.gov

Are you uninsured? You can enroll in Medicaid and other plans until Dec. 15 at [healthcare.gov](http://healthcare.gov). This short video explains more about how to enroll: <https://youtu.be/k1rxTQIbbWQ>.

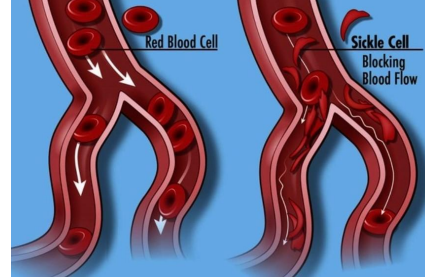
**GivingTuesday** is Tuesday, Dec. 3. Simply put, it's a day that encourages people to do good. Whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts and everyone has something to give. There's also an opportunity to generate awareness for sickle cell through #MyGivingStory that day. Join us on Facebook, Twitter and Instagram to show your support for #SCDAAMI.



**Two weeks bring two new treatments for sickle cell**

On Nov. 15, the FDA approved [Adakveo](#) from Novartis, the first

treatment developed specifically for sickle cell disease. Right on its heels was the FDA's Nov. 25 approval of [Voxelotor](#) from Global Blood Therapeutics.



“Adakveo is the first targeted therapy approved for sickle cell disease, specifically inhibiting selectin, a substance that contributes to cells sticking together and leads to vaso-occlusive crisis,” said Richard Pazdur, M.D., director of the FDA’s Oncology Center of Excellence and acting director of the Office of Oncologic Diseases in the FDA’s Center for Drug Evaluation and Research. “Vaso-occlusive crisis can be extremely painful and is a frequent reason for emergency department visits and hospitalization for patients with sickle cell disease.”

Voxelotor directly inhibits sickle hemoglobin polymerization, the root cause of SCD. The once a day tablet for children and adults 12 and over is expected to be available through GBT’s specialty pharmacy partner network within two weeks.

“When we started our journey with the SCD community more than eight years ago, we set out to transform the way this devastating, lifelong disease is treated,” said Ted W. Love, M.D., president and chief executive officer of GBT. “We are proud to bring this breakthrough therapy to the SCD community. Uniquely developed from inception to treat SCD, Oxbryta embodies GBT’s commitment to develop and deliver innovative medicines for patients with overlooked, life-limiting chronic diseases. We are grateful to the patients, caregivers, clinical trial investigators, healthcare providers and advocates who have worked alongside us to develop this first-in-class therapy.”

“Thanks to the Orphan Drug Act, there are numerous promising clinical trials underway. We are also encouraged by the National Institutes of Health’s Cure Sickle Cell Initiative striving for a genetic cure in the next five to 10 years,” said Dr. Wanda Whitten-Shurney. “Our next challenge is to make sure the medication is accessible to the patients who so desperately need it. Individuals with sickle cell disease are living longer, but we are also focused on improving their quality of life.”

**FACE FEEL PUFFY?  
JEANS FIT TIGHTER?**

In **3 weeks** you can:

- Change your sodium palate &
- Start enjoying foods with less sodium
- Reduce bloating

**CHANGE your SALTY WAYS**

On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association’s recommended limit.

**3,400 mg** average sodium intake

**1,500 mg** recommended sodium intake

**IN ONLY 3 WEEKS** → **21 DAYS**

**Nutrition Facts** Learning to read & understand food labels can help you make healthier choices.

**heartcheckmark.org** Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.

**WEEK ONE**

- Look for lower sodium items
- Track your sodium consumption
- Log how much sodium you’ve shaved out of your diet

**WEEK TWO**

- If you do eat pizza, make it one with less cheese & meats
- Add veggies to your pizza instead
- Use fresh poultry rather than fried, canned or processed

**WEEK THREE**

- One cup of chicken noodle soup can have up to 940 mg of sodium
- Check labels & try lower sodium varieties
- Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches

**KNOW THE SALTY 6**  
Common foods that may be loaded with excess sodium:

- 1 Breads & Rolls
- 2 Cold Cuts & Cured Meats
- 3 Pizza
- 4 Poultry
- 5 Soup
- 6 Sandwiches

Choose wisely, read nutrition labels & watch portion control.

**American Heart Association**  
**American Stroke Association**  
Life is why™



**Dr. Ahmar Zaidi**

“There are better ways to measure pain than through a scale of 1-10.”

**TEDx**Detroit  
Independently organized TED event

We were thrilled to watch our own Ahmar Zaidi, M.D. address the 2019 TEDxDetroit audience on the heart-wrenching challenges of life with sickle cell disease. Dr. Zaidi is a pediatric hematologist/oncologist at the Comprehensive Sickle Cell Clinic at Children’s Hospital of Michigan and an ally and advocate in the fight for equitable care. His words brought enlightenment, tears, and hopefully lit a spark for much-needed change in patient treatment. Watch video here:

<https://youtu.be/RAvi5y95Nyg>