

## Life-changing condition

### A patient with a complex disease changed her life — for the better

Lupus is a life-changer. The chronic disease requires long-term attention from multiple specialists, is complex and is expensive to manage. By using Castlight, Brandy was able to become much more personally involved and active in directing her own course of care. Along the way, she was able to lower her healthcare costs — as well as regain some sense of control over her health and life that the disease has taken away.



#### Going out of her way for the right care

When she was first diagnosed with lupus, Brandy worked hard to find the best and most appropriate specialists near her home. Then, she moved. At first she had tried making the 40 to 60 minute commute to see her doctors, but it became too much. She had some important decisions to make. Fortunately, her employer was introducing Castlight. “I remember signing up because they offered a \$100 HSA contribution to anyone that did,” she recalls. “It ended up being really beneficial because I needed to find all new doctors that were closer to me.”

#### Empowered to take control

The more she used Castlight, the more Brandy was feeling empowered about her health care. She began to take a more proactive role in tracking her costs and working with her doctors.

For example: Every two weeks, she was receiving an injection to treat anemia, a common condition among patients with lupus. After examining her claims on Castlight, she realized the injections were costing nearly \$1,000 before she reached her deductible, and still cost \$275 after.

#### Inspiration to make lifestyle changes

Armed with this new knowledge, Brandy initiated conversations with her doctors. “I was able to have pointed discussions with my hematologist and nephrologist about what else I could do to reduce the need for this shot,” she states. Brandy and her doctors outlined a plan of care built around lifestyle changes: following a custom diet and nutrition plan, getting proper rest, and reducing stress in her life. Brandy now receives the injections less often — every 4-6 weeks — and saves herself over \$5,000 annually in the process.

#### More time and money for her family

Now Brandy can spend that money on more important uses, such as her family. As Brandy admits, “A lot of my discretionary income goes to my 8 year-old niece, so by saving money on healthcare, I’m able to help her out a bit more.” She also has more free time to spend with her loved ones, since she is spending less time on hospital visits and her energy level has increased with this new treatment. These are all changes that have happened since Brandy started using Castlight. “Previously, I was pretty passive,” she admits. “With Castlight, I’m now much more active in my health care.”

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