# Help for Hepatitis C is Now on an App

June 8, 2015 By Lucinda K. Porter RN

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I love the Internet, especially when it comes to hepatitis C-related issues. The Web provides something for everyone. The Hep Forums provide support and information for people living with hepatitis C along with their family, friends, and other interested parties. Blogs offer hope, comfort (see Matt Starr), and information (see all the Hep blogs), plus entertainment (See Rick Nash and Grace Campbell). Plus, the Internet is a great way to communicate.



However, the Internet has a friendly rival - it is a quaint invention called the phone. If you are willing to dial a number, you can access an amazing free service at Help-4-Hep at 877-Help-4-Hep (877-435-7443). Here is a clip from their website:

*Help-4-Hep* is a non-profit, peer-to-peer helpline where counselors work with patients to meet the challenges of hepatitis C head-on. Callers talk one-to-one with a real person, typically someone who's had hepatitis C touch their own life... If you need information and resources about finding financial help to pay for low cost testing, or finding a free or low cost clinic, or financial help with payment for treatments, please call us. We know how to find doctors and support groups. We know how to help you find resources where you live...

And if that doesn't excite you, this might: Help-4-Hep offers a free app. Here's what's on the app:

- Appointment calendar
- Medication Tracker
- Symptom Tracker
- HCV Lab Test Records
- Meal Tracker
- and more...

You can keep health info, a journal, a list of questions to ask, and record your weight. You can even read spiritual wisdom. Today's optimism quote was from Dr. Seuss, "Don't cry because it's over, smile because it happened."

Another feature is that you can call the Help-4-Hep hotline directly from the app. You can also

create a circle of support, and share info with others. Or, you can choose to keep information private, if you prefer.

HOWEVER, be sure that you read the fine print before you sign up. Privacy DOES NOT mean that data isn't shared. When we get a free app, we give something in return - access to shared data. Although the user isn't specifically identified, his or her data may be pooled and given (sold) to interested parties.

Help-4-Hep's web and mobile app is free and available on desktop, laptop, mobile and tablet devices. You can sign-up on the Web, or download the app from the App Store or from Google Play.

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