

# GOOD DAYS NEWSLETTER

## CLIENT SPOTLIGHT

### Meet Steve

Read About how he Found Hope Through Good Days

In today's world, individuals living with HIV can now aspire to a normal lifespan, thanks to remarkable advancements in medical science. However, this promising future hinges on access to effective treatments, which remain out of reach for millions of people across the United States.

The primary barrier is the high cost of HIV medication. A National Library of Medicine study found that an average lifetime HIV-related medical cost for a person with HIV to be \$420,285. This financial burden pushes many

people to the brink of despair.

Steven was one of those people earlier this year until he found Good Days.

"I was literally about to give up when I clicked on Good Days for my HIV medication copay assistance," said Steven. "My portion to pay even

"...my situation was handled within minutes."



with insurance was \$1,692. Good Days took care of it. I immediately went to Walmart, and they filled my medication right away. Problem solved within one hour."

Good Days launched the Financial Assistance Fund for HIV and AIDS Treatment & Prevention in 2019 to help people like Steven get access to life-saving treatments. The fund provides up to \$10,000 per year in copay assistance for eligible individuals who are already prescribed FDA-approved pre-exposure prophylaxis (PrEP) or

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post-exposure prophylaxis (PEP) medicine.

“After submitting my information I received a call from Good Days within three minutes to complete my information,” added Steven. “The person on the phone was so compassionate and extremely nice. She took care of all my needs and my situation was handled within minutes. Thank you to Good Days and your team of extraordinary folks that work for you. I can’t thank you enough.”

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## THE HIDDEN COSTS OF HEALTH

Earlier this year Good Days launched The Hidden Costs of Health, our latest podcast from our Empowered Us network.



The Hidden Costs of Health series examines how our financially toxic healthcare system impacts American lives. Each episode combines

producer commentary with expert and patient insights to cover a wide range of topics and perspectives. Together we explore our system’s inefficiencies and inequalities in pursuit of potential solutions and resources.

Stream or subscribe for free anywhere you get your podcasts by searching for “The Hidden Costs of Health.”

## PARTNER SPOTLIGHT

Are you getting enough sleep? Nearly 70% of adults report insufficient sleep at least once a month and 11 percent report insufficient sleep every day of the month, according to Project Sleep, a nonprofit organization that raises awareness about sleep health and sleep conditions.

Project Sleep is a valued member of the Chronic Disease Alliance, a coalition of nonprofit advocacy groups led by Good Days that support Chronic Disease Day each year. Through innovative awareness campaigns,



educational initiatives, and advocacy work, Project Sleep has helped countless individuals who face various chronic conditions make healthy choices about sleep.

“Often we think of sleep as inconvenient and getting in the way of our lives,” says Julie Flygare, president and CEO of Project Sleep. “Yet actually, research shows that sleep is a dynamic and fascinating process and it’s absolutely vital for our health, our happiness, our

safety and our success.”

Flygare received a diagnosis of narcolepsy with cataplexy in 2007. Since then, she has become an accomplished advocate for sleep health, an internationally recognized patient-perspective leader, and the award-winning author of *Wide Awake and Dreaming: A Memoir of Narcolepsy*.

Among Project Sleep’s many popular initiatives is the Rising Voices leadership program, which

prepares people with sleep disorders to be an effective public speaker and advocate for themselves and others who share their condition. Graduates are equipped to share their stories with healthcare providers, universities, local communities, news outlets, podcasts, blogs and beyond.

If you are interested to learn more or want to apply for the 2024 summer training program, visit [www.project-sleep.com/rising-voices/](http://www.project-sleep.com/rising-voices/).

## KEY QUARTERLY UPDATE: THE EXCHANGE

In September, Good Days held its 14th annual Exchange celebrating the 20th anniversary of our founding. The Exchange is Good Days’ annual conference that connects key healthcare stakeholders, advocates and patients to increase awareness and collaboration for the common goal of improving access to care and helping people any way that we can.

This year’s theme, *The Ties That Bind*, reflected on the bonds we build through the journeys of the people we support. Our hope is that these bonds allow us to create more good days.



Matt Iseman, comedian, actor, former physician and host of *American Ninja Warrior* discusses resilience and achieving your goals.



Michelle Gielan, former journalist and public speaker, discusses the link between happiness and success.



Dr. Marc Milstein, internationally recognized speaker on optimizing brain health, discusses lowering the risk of dementia and boosting happiness productivity.

# A LETTER FROM CEO & PRESIDENT CLORINDA WALLEY



**A**s we approach the winter season and the close of another year, I am filled with profound gratitude and pride for the remarkable journey of Good Days. This year marks a significant milestone – our 20th anniversary.

Two decades ago, we embarked on a mission to make a difference in the lives of individuals facing daunting healthcare challenges. Our vision was clear: to ensure that no one had to forgo access to the care they needed due to financial constraints. Over the years, we have strived relentlessly to turn that vision into a reality.

Since our founding, our foundation has assisted nearly one million individuals access 2 million grants for critical medical treatments by delivering more than \$3 billion in financial assistance.

At the heart of our work is the belief that every person deserves access to life-saving treatments, medications and essential healthcare services. We are proud to be a lifeline when it's needed most.

Our commitment to serving those in need has only grown stronger over the years. As we celebrate our 20th anniversary, we also renew our pledge to continue expanding our reach, touching the lives of even more individuals who

rely on our support.

The stories of those we've helped, like Steven, who found hope and relief through our HIV medication copay assistance program, embody the spirit of resilience. They inspire us to strive for even greater achievements in the years ahead.

Thank you to everyone who has supported us over the years and made our impact possible. It is our shared commitment to compassion and support that has sustained us for two decades, and it is your unwavering belief in our mission that fuels our determination to reach even greater heights.

Together, we will continue to be a beacon of hope for those in need.

Warmest wishes for a peaceful winter season.

Sincerely,

A handwritten signature in black ink that reads "Clorinda Walley". The signature is written in a cursive, flowing style.

Clorinda Walley  
CEO & President  
Good Days

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