

knowledge is power

Addressing Barriers to Healthcare Access

What is healthcare access? Barriers may exist to get the necessary care for allergies leading to healthcare disparities and a significant impact on quality of life.

Cultural & Language Barriers

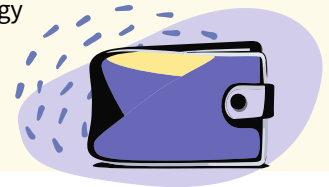
Communities that do not believe that allergies impact them or do not have proper allergy management care due to a language barrier can use these tips:

- Challenge the idea that allergies are limited to certain groups.
- Find doctors who understand your cultural background.
- Seek a healthcare provider (HCP) who speaks your native language.

Financial Barriers

Allergy medications, testing and treatments can be a financial burden for those with limited insurance coverage or lower incomes.

- Communicate concerns with your HCP so that your budget aligns with your allergy plan.
- Check with your healthcare provider or insurance first because some allergy medicines have copays.



Timely Access to Care

Minority and low-income communities face delays in accessing timely care, raising the risk of severe allergic reactions like anaphylaxis due to delayed diagnosis. Tips to address this delay:

- Act fast, call for immediate openings and to get on wait lists.
- Ask for help! Have someone call for you to maximize your chances of being seen early.
- Advocate to see an allergy specialist if the diagnosis feels unclear.



Access to an Allergy Specialist

A lack of allergists in many geographical areas, along with rising healthcare costs makes being seen by a specialist quickly or at all challenging. If you cannot see a specialist try:

- Any HCP (like your GP) who orders laboratory testing, can order specific IgE testing to get your allergy diagnosis started.
- Complete Allergy Insider's **Allergy Symptom Questionnaire** before your appointment and take it with you to help facilitate a conversation with your HCP.

 **TIP!** If you cannot physically make an appointment, find an allergist or therapist who offers telehealth services.