

## Mission Statement

### Bring Quality Healthcare to All Inmates

KEEP US HEALTHY is a nonprofit organization here to help improve the healthcare system behind the walls for inmates in California County Jails and Prisons.

*Have you or a loved one ever been  
incarcerated?*

*Maybe you have a loved one doing time  
right now?*

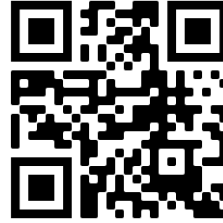
In these unfortunate situations we want what's best for our loved ones and ourselves when we make mistakes. We're all human no matter our backgrounds, race, gender, etc.

Our goal, with help from people like you, is to update and improve healthcare laws for California inmates. These laws will outline and define healthcare quality standards for medical staff who treat inmates. These standards will ensure inmates receive the same standard of healthcare as individuals outside the walls. Medical professionals will be directed and empowered by these laws to help inmates receive the care they need, when they need, prior to serious health issues escalating.

Our plan is to spread awareness by passing out flyers and brochures. We will raise money from donations and events with the help of volunteers.

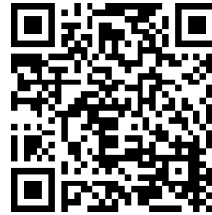
## Ways You Can help

Visit our website to see how you can help improve and save lives.



[www.KeepUsHealthy.org](http://www.KeepUsHealthy.org)

Donate to  
Keep Us Healthy, Inc.



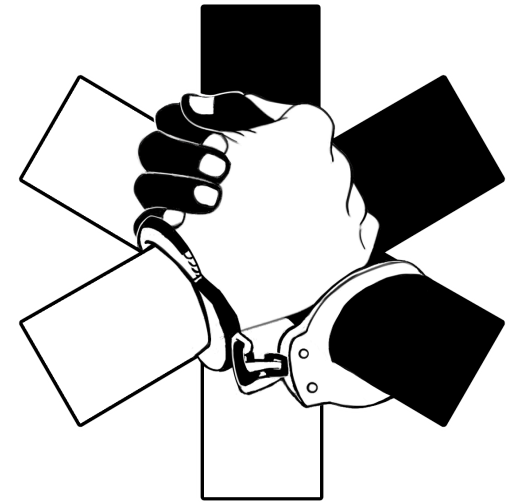
If you have a story of improper health care  
you would like to share on our website  
please email it to us at:

**[KeepUsHealthyInc@gmail.com](mailto:KeepUsHealthyInc@gmail.com)**

Or mail it to us at:

**Keep Us Healthy, Inc.  
2063 Main St., #132  
Oakley, CA 94561**

# Keep Us Healthy



## KEEP US HEALTHY

A non-profit organization to  
help ensure proper  
healthcare for inmates.

[www.KeepUsHealthy.org](http://www.KeepUsHealthy.org)

# Our Founder's Story

Hello, my name is Nick Jacobson and I am the founder of the KEEP US HEALTHY nonprofit organization.

What inspired me to start this nonprofit organization is my own personal experience while incarcerated that almost cost me my life.

I hope my story can help make a change so the next person won't have to go through what I did.

In 2017, I was detained in Martinez Detention Facility in Contra Costa County with a broken back from a car crash. They housed me on the top tier where I had to go up and down two flights of stairs everyday for recreation time, to use the phone and Diabetic checks.

I'm a Type 1 Diabetic and started getting sick a couple days after my arrival at the jail. I started throwing up, couldn't eat and felt terrible. My blood glucose was in the range of 400-500 (normal range for an individual is 80-130). The insulin they were giving me was inadequate and had no effect on my blood sugar which is a sign of infection. I told the nurses and triage my issues, plus wrote request slips for help. They denied all help until 11 days later. I started coughing up black blood and had a

seizure. That's when they finally took me to the hospital where I fell into a coma. They told my family to come say goodbye. That I was not going to make it as my organs were shutting down.

Luckily, I came out of my coma, but still had to fight the infection and blood sepsis that spread through my whole body. I ended up spending over 6 months in multiple hospitals and had over a dozen procedures and surgeries from heart and lung surgery to back surgery. The infection ate through my spine. They miscalculated my original height when implanting the metal spine, so I am now 2 inches shorter than my original 6ft height. I lost 120 lbs of body fat and ultimately almost my life.

I truly want to make a change so the next person and their family do not have to go through what I and my family went through.



## Vision Statement

# All Inmates Will Have Quality Healthcare

KEEP US HEALTHY will be recognized as a voice of the forgotten behind the wall.

A voice that makes change to medical staff, training and accountability in all of the California county jails and prisons.

Our goal is to raise awareness and funds to put towards this good cause. To expand our network and find the right ideas and people to really make a difference.

Could that person be you? Or maybe you know the right person to help us achieve our goals? Let's all work together and make a difference!