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The Consumers Guide To Health Care

AW Rasmussen



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Health Insurance 101 Marilynn Drohan,2021-09-04 When choosing the right health insurance plan for your specific needs and budget it s important to consider all the options available to you However we understand that this is easier said than done and that there are a lot of confusing factors to keep in mind Whether you re trying to find the best type of plan to choose through your employer sponsored coverage or you re just beginning to look into your individual health insurance options this guide aims to break down the basics and provide you with additional resources to supplement your insurance journey This is a useful factual non partisan look at the current system for health insurance and getting health care in the U S including practical tips to help you save money on your health care whether you have insurance or not It is especially intended for self employed people freelancers small business owners and others without access to employment based group health insurance to understand all of the options and ways to save money However anyone can benefit from the useful tips and tricks as well as the overviews of important laws and issues for context This well researched book is full of valuable information insights and money saving tips and includes topics such as Different types of health insurance demystified and explained in a straightforward way Practical advice on how to evaluate health plan options How the Affordable Care Act of 2010 affected health insurance How the premium subsidies work for individual insurance Pros and cons of health care options and links for further reading Interesting factoids on the continuing upward trend in healthcare costs and potential solutions Some of the many programs and options discussed include Individual insurance from the marketplace and outside the marketplace Employment based insurance for small and large businesses Health savings accounts and ways to use them Government programs including Medicaid Medicare and military health programs Short term health insurance accident insurance and dental and vision insurance Healthcare cost sharing ministries Paying cash negotiating discounts concierge medicine and direct primary care Telemedicine medical tourism discount cards health clinics and charity care **Making Sense of Health Care Plans** Lindell C. Northup,1986 **Medical Handbook** Gregory G. Billy,2019-07-19 The American

healthcare system is vital vibrant and indispensable However it s also complex and can be difficult to navigate as an everyday consumer How does medical insurance work How do you learn more about the prescription your doctor recommended How does aging and long term care factor into your personal health plan **Medical Handbook A Consumer Guide for Navigating the Medical System** equips you with the fundamental information you need to develop a working knowledge of the American medical system By providing information regarding many facets of healthcare the book empowers you to make sound medical decisions that support your overall health and wellness The book provides information regarding medical education medical and surgical specialties and inpatient versus outpatient care Chapters on nutrition and exercise help you understand your role in preventive health Additional chapters address contemporary topics in healthcare including mental health sexual health the role of marijuana in medicine and consulting the internet for medical advice Written from the perspective of a medical physician **Medical Handbook** is a concise helpful guide for individuals who wish to better understand the American medical system Gregory Billy M D is currently an associate professor in the Departments of Orthopaedics Rehabilitation and Physical Medicine Rehabilitation at Penn State College of Medicine He teaches resident physicians fellows medical and undergraduate students in both the College of Medicine and the College of Health and Human Development He earned his medical degree from the Pennsylvania State University College of Medicine and completed his residency in Physical Medicine and Rehabilitation at Sinai Hospital Johns Hopkins Hospital Program in Baltimore Maryland Dr Billy also serves as a team physician for Penn State University and the State College Spikes a Class A professional minor league baseball team His research interests include pain and spine medicine neurologic and brain disorders and sports medicine

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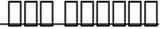
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