

## About.com: Patient Empowerment

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### WOW - Medical Money Savings

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If you are uninsured or underinsured, and particularly if you have been laid off, whether you are using COBRA or not, you'll be interested in this free e-book which you can obtain from this week's WOW - Website of the Week.

The Healthcare Survival Guide is offered by a group called Health Advocate. Health Advocate provides review and negotiation of medical bills, and assistance for patients who are facing challenges with their medical care.

Among the best information on this website/in this book, is COBRA information, including choices you can make if your COBRA is about to run out.

My only disagreement with the information is the suggestion that we should use free PHR offerings to track our medical information -- as discussed many times previously on this blog.

This book is promoted as "the complete guide to surviving healthcare" -- and while I wouldn't go that far, it does have some great suggestions for all of us who realize we can get the care we need for less than we pay today.

<http://patients.about.com/b/2009/12/07/wow-medical-money-savings.htm>