



November 12, 2009

## **Book Helps You Protect Your Healthcare**

Small Doses column

By Melanie Lauwers

We all know that managing our health care is a formidable task, and when you lose your insurance coverage suddenly, the stress alone can upset your health. A new book makes sense of all the ways you can strengthen your health care protection if you are suddenly unemployed or if you just want to save more. "The Healthcare Survival Guide" is available as a free download from [www.healthcaresurvivalguide.com](http://www.healthcaresurvivalguide.com) and from [amazon.com](http://amazon.com) or your local bookstore. It contains 65 pages of guidelines for securing new health care, finding discounts, coping with COBRA and implementing cost-cutting strategies even if you haven't lost your health insurance.

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