

## LIVING UNCURED

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### **The Healthcare Survival Guide**

By Don Mazella

As the healthcare-reform debate continues, and unemployment rates remain high, millions of everyday Americans need real tools to navigate the healthcare maze and to find free or low-cost insurance and medical services right now.

To meet this need, Martin Rosen and Abbie Leibowitz, M.D., cofounders of Health Advocate Inc., an independent healthcare-advocacy and -assistance company, have released a 72-page book that provides quick access to - and little-known secrets about - affordable healthcare insurance and medical services, as well as other cost-saving tips, all in one place.

The Healthcare Survival Guide offers practical help for consumers and businesses that are struggling to find free or low-cost healthcare services and gives simple, solid examples of ways people can save thousands of dollars on healthcare services. For example, the book explains COBRA, what it is and how it works; describes a variety of government healthcare programs; tells readers how to comparison-shop for coverage; and provides dozens of strategies to help readers take charge of their health and save money.

The book is designed for those looking for ways to find free or low-cost healthcare services, those looking to save money and be smarter healthcare consumers, people who were laid off or fear being laid off, and businesses looking for affordable healthcare alternatives for their employees or that may be forced to lay off employees.

The book is available, for a limited time, as a free download at <http://www.healthcaresurvivalguide.com> (quick registration is required) and will also be available in paperback format shortly via Amazon with partial proceeds going to charity. The Web site is also a forum for conversation about healthcare struggles and tips and tricks to get help.

<http://livinguncured.info/Healthcare-Survival-Guide>