

THE LIBRARIAN'S REVIEW OF BOOKS



Sunday, October 3, 2010

Book reviewer C.A. Lajos of The Librarian's Review of Books shares his thoughts on The Healthcare Survival Guide.

Book Review: Rosen, Martin B. and Leibowitz, Abbie, M.D.. The Healthcare Survival Guide: Cost-Saving Options for the Suddenly Unemployed and Anyone Else Who Wants to Save Money. Health Advocate Publishing. 2009. c.75p. illus. ISBN 978-0-9840696-0-6. \$6.95. Kindle Edition (e-Book). \$2.95

Written with the goal of helping Americans “survive” the current healthcare system that is not yet affordable, transparent, or accessible, this brief, clearly-presented, easy-to-read, practical publication, by Rosen (Cofounder, Chief Marketing Officer, and Executive Vice President, Health Advocate, Inc.), an accomplished marketing executive with broad-based experience in brand building, and Leibowitz (Cofounder, Chief Medical Officer, Executive Vice President, Health Advocate, Inc.; M.D.; Board Certified, Pediatrics; Fellow,

American Academy of Pediatrics), a nationally recognized authority on managed care, clinical management, quality assurance, and medical data and information systems, purports to be a complete guide for unemployed workers who have lost their employer-based health insurance, those persons struggling to find affordable healthcare, and others striving to save on their medical costs. Divided into eleven short chapters averaging five pages each, it covers COBRA, low-cost health insurance and medical services, government programs including Medicaid and Medicare, comparison shopping for coverage, cost-cutting strategies, reducing your medical bills, discounted and free medications, taking charge of your health, and much more. Its attractive graphics, charts, illustrations, and periodic updates complement and supplement the text, which is available free for a limited time from the book's companion website. Timely, informative, useful, and inspiring, this publication is highly recommended as a very basic resource for most, if not all, public library collections.

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