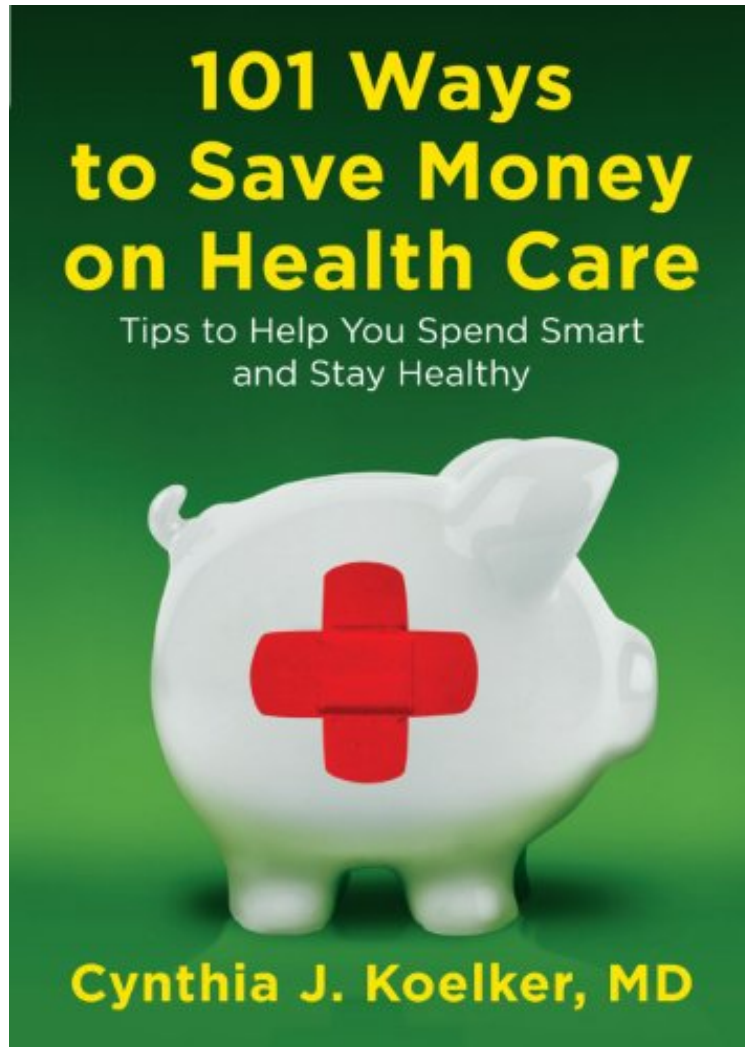


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101 Ways to Save Money on Health Care: Tips to Help You Spend Smart and Stay Healthy

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Read Cynthia Koelker's blogs and other content on the Penguin Community. "Dr. Cynthia Koelker gives us the inside scoop on how to save money at the doctor's office and still get great care. Even if you have insurance, 101 Ways to Save Money on Health Care will still help you save your hard-earned cash." -Elizabeth Cohen, MPH, CNN senior medical correspondent, author of *The Empowered Patient* For over twenty years, Ohio-based family physician Dr. Cynthia J. Koelker has made it her mission to help people lower their health care expenses. Now, in *101 Ways to Save Money on Health Care*, Dr. Koelker shares her insider tips and information so that you too can save hundreds (even thousands!) without sacrificing your health. *101 Ways* is loaded with simple, easy-to-understand tips on topics that everyone will find useful, including: *How to save money on brand name drugs *How to cut costs for chronic problems-from asthma to allergies *How to ask for a hospital discount (it's easier than you think!) *Ways to save money on glasses and contacts *What websites you can trust to give you the best health information Whether you are uninsured, or just looking to save money, this invaluable guide will show you how to stay healthy and hold onto your hard-earned dollars.

From Booklist As health insurers raise co-pays, approximately 45 million Americans have no coverage at all, and growing numbers risk playing prescription roulette filling only two of three or four medications prescribed or taking medicines for chronic conditions every other day instead of daily Koelker offers a much-needed doctors reference for readers hungry for help. Suggestions include splitting pills; requesting samples to save on prescription meds; accessing pharmaceutical companies coupons or rebates; and economizing on preventive care via free and low-cost testing at health fairs, health departments, and pharmacies. Koelker states, Taking responsibility for our own health care is the first way to lower costs for each of us as individuals, as well as the nation at large. Thinking ahead would limit expensive trips to the emergency room . . . and many cases of chronic illness. With an index and user-friendly appendixes listing general Internet resources, pharmacies with \$4 per monthly generics, and proprietary and OTC websites with offers, this will circulate briskly. --Whitney Scott "In simple language, Dr. Koelker shares decades of experience to help people of all ages partner with their doctors to get excellent care and save money. It's like having a book written for you by your very own doctor." -LeAnn Thieman, LPN, and coauthor of both editions of *Chicken Soup for the Nurse's Soul* About the Author Cynthia Koelker, M.D., is a board-certified family physician with degrees from MIT, Case Western Reserve University School of Medicine, and the University of Akron. She served in the National Health Service Corps to finance her medical education. She practices medicine in Akron, Ohio.