

7 Ways to Be a Savvy Healthcare Consumer



Understand your insurance coverage



Take advantage of additional tools and services



Ask for pricing transparency



Shop around for services and get a second opinion when appropriate



Review your health insurance bill after a procedure



Know where to go



Don't skip preventive care

Savvy Medical Consumer

Marc S. Miller



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150 Ways to be a Savvy Medical Consumer Charles B. Inlander, 1992 **The Savvy Medical Consumer** Charles B. Inlander, People's Medical Society (U.S.), 1997 Getting the most out of a doctor's visit finding the best medications and avoiding unnecessary medical procedures are only some of the topics covered in *The Savvy Medical Consumer* This revised edition includes the latest information plus a new chapter on managed care **Consumer Health & Integrative Medicine: A Holistic View of Complementary and Alternative Medicine Practices** Linda Baily Synovitz, Karl L. Larson, 2018-10-01 Today being a health consumer encompasses more than being knowledgeable about traditional medicine and health practice but also includes the necessity to be well informed about the expanding field of complementary and alternative medicine *Consumer Health and Integrative Medicine Holistic View of Complementary and Alternative Medicine Practices* Second Edition was written to expand upon the many alternative modalities that many other consumer health texts overlook It includes chapters on the major alternative medicine systems and healing modalities including Ayurvedic medicine traditional Chinese medicine naturopathy homeopathic medicine chiropractic medicine massage reflexology and herbals or botanicals The authors mission is to increase reader's knowledge base not make up their mind as we all make better choices related to our own personal health care practices when we are informed consumers **Consumer Health and Integrative Medicine, Third Edition** Linda Baily Synovitz, Karl L. Larson, 2025-08-12 Today being a health consumer encompasses more than being knowledgeable about traditional medicine and health practice it also requires one to be well informed about the expanding field of complementary and integrative health and healthcare *Consumer Health and Integrative Medicine A Holistic View of Alternative Medicine Systems and Complementary Health Care* expands upon the many alternative modalities that other consumer health texts overlook It includes chapters on major alternative medicine systems and healing modalities including Ayurvedic medicine traditional Chinese medicine naturopathic and homeopathic medicine mind body interventions energy therapies botanicals aromatherapy and essentials oils and manipulative and body based therapies The authors mission is to help readers increase their knowledge base and become informed consumers New research and statistics regarding the various complementary and alternative methodologies Three New Chapters Native American Medicine and Healing Traditions 8 Kampo Medicine of Japan 11 and Traditional Arabic and Islamic Medicine TAIM 12 Changes in terminology to comply with updated National Center for Complementary and Integrative Health NCCIH terminology New information on the cost of health care in the U S as compared with other advanced countries including prescription drug prices Added content on health product advertising practices including internet based and social media advertising Discussion of how consumers can protect their rights and more detailed information on current types of fraud *Consumer Health Alternative Complementary Healthcare Integrative Health Medicine Holistic Healing Health Medicine* 2026 350 pages *One Hundred Fifty Ways to Be a Savvy Medical Consumer* Charles B. Inlander, 1992 With healthcare costs

spiraling out of control and over 30 million Americans lacking medical insurance readers medical consumers This guide tells how to save money and get quality medical care by being a smart shopper at the doctor s office hospital and pharmacy

Health Care Choices for Today's Consumer Marc S. Miller, 2008-04-21 Admirable clearly written well organized easy and helpful Washington Post This is the surefire guide to making critical decisions about your family s health Dr J Larry Brown Professor of Nutrition and Health Policy School of Nutrition Tufts University The array of choices and decisions facing consumers in health care today is incredibly complicated Families USA has taken on the challenge of making this complex world accessible to the most important person in the process the consumer They ve succeeded brilliantly Dick Davidson President American Hospital Association Now completely revised and expanded this indispensable reference provides in depth up to the minute coverage of major health care issues to help you make crucial choices for you and your family Packed with vital facts and figures illuminating advice and invaluable tips *Health Care Choices for Today s Consumer* includes New chapters on men s health as well as prescription and over the counter drugs The latest on health care finance managed care alternative medicine and wellness programs Updated financial legal and insurance information Important details on such topics as consumer rights primary care mental health medications hospitals and physicians **Healthcare** Lisa

Zamosky, 2013 *Healthcare, Insurance, and You* Lisa Zamosky, 2013-09-30 Healthcare is changing and you need to know how and what to do about it Getting good medical care shouldn t be so confusing or so costly Healthcare Insurance and You simplifies the many confusing details about our healthcare system so you can make informed decisions Result Better health at lower cost With the advent of healthcare reform things are changing especially when it comes to insurance Most people will now have to buy insurance Do you know where to get a policy or what to look for in one Did you know more people will now qualify for free or subsidized healthcare Even if you get insurance through work you ll face new choices that you d better understand to maintain your peace of mind As this book shows the failure to understand how insurance and the healthcare system work can have a major impact on your physical and financial health Healthcare Insurance and You is an easy to use guide that explains the main challenges you face when trying to get excellent healthcare choosing the best insurance policy for your situation finding the right doctor or hospital buying prescription drugs the least expensive way picking out the right Medicare plan or fighting for your rights when dealing with insurers or medical providers Healthcare Insurance and You includes tips resources and strategies for navigating the healthcare system and avoiding common mistakes so you can get the best healthcare for you your family or your organization without breaking the bank This book shows you How to choose a health plan that best meets your medical and financial needs including new options under the Affordable Care Act Ways to cut through red tape and fight billing errors and claim denials What businesses need to know about offering or not offering insurance to employees How to plan ahead for a disability or forend of life care Healthcare costs rank high on the list of money concerns Americans have And when it comes to getting great healthcare for you and

your family and avoiding crippling medical bills knowledge is power Healthcare Insurance and You is a practical guide that explains the complicated healthcare system in plain language and puts the power of good health back in your hands

Complementary and Alternative Medicine for Health Professionals Linda Baily Synovitz, Karl L. Larson, 2013 Highly researched and referenced Complementary and Alternative Medicine for Health Professionals A Holistic Approach to Consumer Health educates students about the many complementary and alternative medicine CAM modalities that are available in addition to the more traditional methods that exist Early chapters provide an overview of both traditional and alternative medicine scientific method and steps in scientific research and look at the cost of health care in the U S Later chapters introduce students to integrative medicine and provide a thorough overview of CAM practices employed today Topics that are covered include acupuncture meditation herbals and aromatherapy By reading this text students will become astute at distinguishing among those traditional and CAM health practices that are helpful those that have been scientifically tested and those that may offer no benefit Case studies throughout the text give students an opportunity to apply material and ideas to real life situations *The Next Generation of Health Information Tools for Consumers* United States. Congress. Joint Economic Committee, 2006 **Health Information on the Internet** Rowena Cullen, 2005-11-30 The accessibility of health information on the Internet has revolutionized access to clinical information for health practitioners and patients This access to information has the potential to make a major contribution to health care However the effective use of this accessibility depends on an understanding of all the issues involved from the underlying technologies and economic pressures to questions of how best to manage quality and privacy how people seek and use information and what the barriers to its use are Cullen s book also examines the extent of health information on the Internet the providers of websites and their content and outlines the nature of the paradigm shift affecting knowledge in the health sector **E-healthcare** Douglas E. Goldstein, 2000 Leadership Management Administration **The Consumer's Guide to Medical Lingo** Charles B. Inlander, 1992 The Woman's Guide to Hysterectomy Adelaide Haas, Susan L. Poretz, 2013-06-26 Hysterectomy is performed more than any other surgical procedure for women with the exception of the cesarean section Authors Adelaide Haas and Susan L Poretz both professors in the field of health have experienced hysterectomy firsthand Dismayed by the limited information available to them they collaborated on this comprehensive book about a critically important subject for women THE WOMAN S GUIDE TO HYSTERECTOMY addresses common fears expectations and questions regarding such issues as what to ask your doctor second opinions preparations for surgery sex and sexuality after surgery and life after hysterectomy Encouraging all women to become more actively involved in their own health care this book is a practical catalog of the latest medical information and provides much needed reassurance for women faced with this life altering decision Thoroughly revised to include the latest research and developments including new treatment options and alternatives to HRT hormone replacement therapy Original edition sold 10 000 copies *Coping with Lyme Disease, Third*

Edition Denise Lang, Kenneth B. Liegner, 2004-06 Provides facts about Lyme disease its symptoms and a state by state list of medical care and support groups

To Your Health Helena Chmura Kraemer, Karen Kraemer Lowe,, David J. Kupfer M.D., 2005-03-24 The public is bombarded daily with reports about risk factors many conflicting with each other other accepted as scientific truth for awhile then scientifically disproved yet others questionable that later prove to be true Physicians are faced with trying to make sense of those conflicting or questionable results in the scientific literature in order to guide their patients to the best possible decisions The situation is not much easier for scientists who may waste years of their productive life and considerable resources basing their research efforts on what prove to be misleading earlier research findings What this book does is to present in non academese and with many examples from the general media and scientific journals a guide to a critical reading of research reports which in turn serves as a guide to researchers as to which approaches are likely to be regarded with raised eyebrows and what they need to do to generate results that will be taken seriously This stimulating and helpful book was written for informed consumers and physicians as well as for scientists evaluating the risk research literature or contemplating projects on risk research

A Consumer's Guide to Mental Health Services Jeffrey K. Edwards, Anthony W. Heath, 2011-02-14 A unique consumer resource for understanding mental health treatment With over 250 models of counseling and psychotherapy currently used to treat emotional problems and serious mental illness figuring out where to look for the right services can be a daunting task A Consumer's Guide to Mental Health Services offers pragmatic solutions for those considering or already beginning treatment It helps you to make important decisions regarding whether seeing a psychiatrist a social worker a counselor or a psychologist is best for your particular needs It also explores health insurance and coverage of treatment as well as how long it may take for you to begin feeling like yourself again This valuable text looks at the intricacies of the mental health care system and provides a helpful summary that is both accessible and useful If you've ever tried to find help for a major life transition depression or anxiety and have been overwhelmed by the options for mental health treatment you are not alone A Consumer's Guide to Mental Health Services is a unique text that breaks down the vast array of service options with a critical eye so consumers can get the vital information they need in a straightforward and accessible way This comprehensive text even includes a Questions to Ask section that will help you find the right clinician to fit your exact needs Some of the topics A Consumer's Guide to Mental Health Services covers in detail are causes of mental health problems the three main models of mental health how clinicians who use the different models view mental health types of providers available and the different services they offer talk therapies and medications ethical codes of all professions consumers rights the insurance industry its history and current role matching treatment to the problem alternatives to therapy and much more A Consumer's Guide to Mental Health Services is a valuable and practical resource for anyone considering or beginning mental health treatment or their family and friends It is also a useful addition for educators or students working through introductory courses in all of the major mental

health fields Healing Holidays Harish Naraindas, Cristiana Bastos, 2016-03-22 This volume on medical tourism includes contributions by anthropologists and historians on a variety of health seeking modes of travel and leisure It brings together analyses of recent trends of medical tourism such as underinsured middle class Americans traveling to India for surgery pious Middle Eastern couples seeking assisted reproduction outside their borders or consumers of the exotic in search of alternative healing with analyses of the centuries old Euro American tradition of traveling to spas Rather than seeing these two forms of medical travel as being disparate the book demonstrates that as noted in the introduction what makes patients itinerant in both the old and new kind of medical travel is either a perceived shortage or constraint at home or the sense of having reached a particular kind of therapeutic impasse with the two often so intertwined that it is difficult to tell them apart The constraint may stem from things as diverse as religious injunctions legal hurdles social approbation or seasonal affliction and the shortage can range from a lack of privacy of insurance technology competence or enough therapeutic resources that can address issues and conditions that patients have If these two intertwined strands are responsible for most medical tourism then which locales seem to have therapeutic resources are those that are either natural in the form of water or climate legal in the form of a culture that does not stigmatise patients or technological and professional in the form of tests equipment or expertise unavailable or affordable at home or in the form of novel therapeutic possibilities that promise to resolve irresolvable issues This book was originally published as a special issue of Anthropology Medicine **Medicine Moves to the Mall** David Charles Sloane, Beverlie Conant Sloane, 2003-01-17 Links changes in the sites at which medical services are offered to changes in medical practice in medical economics and in patterns of American commerce and urbanism back cover The Finance of Health Care Murray Sabrin, 2022-11-07 Employers Can Reduce Their Employees Health Care Costs by Thinking Out of The Box Employee health care costs have skyrocketed especially for small business owners But employers have options that medical entrepreneurs have crafted to provide all businesses with plans to improve their employees wellness and reduce their costs Thus the cost of employee health care benefits can be reduced markedly by choosing one of numerous alternatives to traditional indemnity policies The Finance of Health Care provides business decision makers with the information they need to match the optimal health care plan with the culture of their workforce This book is a must guide for corporate executives and entrepreneurs who want to attract and keep the best employees in our competitive economy

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