

Healthcare, Insurance, and You: The Savvy Consumer's Guide

Lisa Zamosky

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Lisa Zamosky : Healthcare, Insurance, and You: The Savvy Consumer's Guide before purchasing it in order to gauge whether or not it would be worth my time, and all praised Healthcare, Insurance, and You: The Savvy Consumer's Guide:

2 of 2 people found the following review helpful. This book cuts to the chase in explaining what consumers need to know about Obamacare!By Sandy from SacramentoAs a self-employed person I've bought my own health insurance for many years. I had no idea how little I knew about the topic until I read this book. It is straight forward, easy to understand advice on not only how to save money by picking the right plan but how to work your way through the healthcare system even through Medicare! The new Obamacare changes will affect all of us in one way or

another...this book should be distributed by Health Insurance Exchanges to help people understand the new system. This book is a must-read to cut through the confusion.0 of 0 people found the following review helpful. Terrific book. Very informative for a senior citizenBy Cathy A. GardikasTerrific book. Very informative for a senior citizen. Came right on time.1 of 2 people found the following review helpful. Healthcare, Insurance, and YouBy Alan SteinhartIf you have any questions regarding health care for your business or personal needs this is a fantastic book. We were totally confused as to our direction in obtaining insurance until we accidentally found this book on . What my wife and I found most appealing when searching for information, was that we didn't have to read every chapter. The content page provided exact direction to the questions and answer we had. If you are a business owner or an individual searching for answers to the Affordable health Care Act purchase the book. It's worth every penny invested.

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 for end-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. What you'll learn The impact of the Affordable Care Act on your healthcare and your finances How to take advantage of new health insurance exchanges and tax credits How to choose a health plan that best meets your medical and financial needs How to advocate for yourself, fight billing errors and denied claims, and know where to turn for help How to choose a doctor and hospital based on quality, not hype How to avoid common mistakes that can cost you big—or even put you into bankruptcy How health reform affects businesses and how they can reduce healthcare expenditures Who this book is for Consumers of healthcare in the United States, including both individuals and small businesses buying coverage for employees.

About the Author Lisa Zamosky is a healthcare journalist who has been writing about health insurance and how to access and pay for healthcare for more than 10 years. She is a consumer health care columnist for the Los Angeles Times, where her Healthcare Watch column appears in the Sunday business section. She writes WebMD's expert Health Reform 101 blog and is a correspondent for California Healthline and iHealthBeat, both news services of the California Healthcare Foundation. Her work has also been published in Reuters, MSNBC, Health.com, the Chicago Tribune and Baltimore Sun, among other publications. Zamosky previously spent a decade working in the healthcare industry developing benefit plans for Fortune 500 companies and state governments. For a number of years she directed provider network operations for several states throughout the Northeast for one of the country's largest insurance companies.