



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

Cynthia J. Koelker

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"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.

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Katherine Adkins:

Exactly why? Because this 101 Ways to Save Money on Health Care: Tips to Help You Spend Smart and Stay Healthy is an unordinary book that the inside of the book waiting for you to snap that but latter it will zap you with the secret the item inside. Reading this book beside it was fantastic author who write the book in such amazing way makes the content interior easier to understand, entertaining means but still convey the meaning completely. So, it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of benefits than the other book include such as help improving your ability and your critical thinking means. So, still want to postpone having that book? If I have been you I will go to the reserve store hurriedly.

Carl Fox:

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