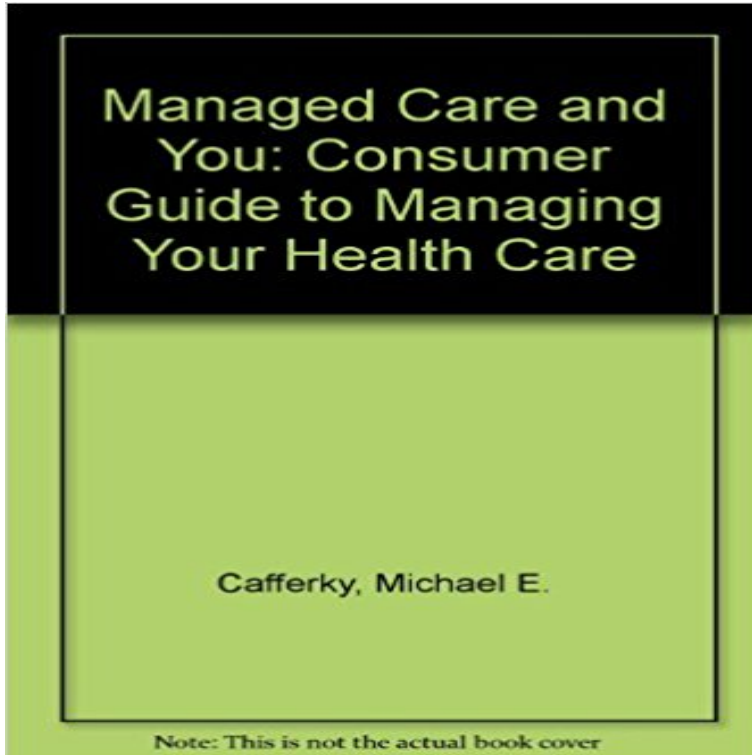


Managed Care & You: The Consumer Guide to Managing Your Health Care



This volume explains managed care - how it works, the patients responsibilities and how to get the most out of a health plan. It contains practical suggestions regarding: questions to ask a health plan before enrolling; managed care for medical emergencies; determining costs; and measuring and managing quality. It also covers how to choose the best physician, HMO and hospital, and explores what specific things to do as a new HMO member. A complete review of the key issues of wellness is included, as well as a review of the future of medical care. A glossary of terms and a listing of where to go for more information is also provided.

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