



# Surviving the U.S. Health System: Insurance, Providers, Well Care, Sick Care

*Sherry Kahn*

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## **Surviving the U.S. Health System: Insurance, Providers, Well Care, Sick Care** Sherry Kahn

Surviving the U.S. Health System is a comprehensive, relevant, accessible guidebook to staying healthy and effectively using our nation's health system during this time of dynamic change. The book, divided into four sections--Insurance, Providers, Well Care and Sick Care--is an invaluable reference for consumers as well as healthcare professionals and professionals-in-training. Surviving the U.S. Health System is packed with information, resources and practical tips unavailable elsewhere in one volume. The book provides easy access to information that will help readers find compatible healthcare providers, save time and money, get life-saving exams, use new digital tools, optimize Medicare and maximize gene power. For the first time, well care and integrative medicine are elevated to their rightful places in the cornucopia of available U.S. healthcare options. Surviving the U.S. Health System also features growing trends and emerging innovations, including medical tourism, telemedicine and genetic mapping. The author, Sherry Kahn, MPH, is a health educator, writer and consultant who has worked in all areas of the U.S. health system during her three-plus decade career. She has been both a consumer of employer-sponsored insurance and faced the challenges of the self-employed entrepreneur. Also included is input from many of the nation's leading healthcare providers, innovators and wellness experts. Show more Show less

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