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It s Your Health

By Robert D Antonio Ph D

Createspace, United States, 2011. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Most people are understandably intimidated by doctors, hospitals, insurance carriers, and the myriad of tangled paths they must navigate in order to get care through the American health care system. Their fears may well prevent them from getting the most benefits out of the excellent health care available in America today. Many people don t understand their role as active participants in the health care conversation. Even sophisticated consumers who find themselves on this complex, multi-faceted journey may feel overwhelmed by the system. This book will help everyone, regardless of their level of experience, successfully navigate the health care gauntlet and participate more actively in the successful management of their health care. Full of straightforward advice and concise strategies, Dr. Robert D Antonio s demystifies the health care system by breaking it down into its component parts and offering clear explanations and example solutions for each step of the way. This all-important volume identifies common mistakes consumers make that can impact the quality of their care, as well as providing specific examples of real patients and how they...



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