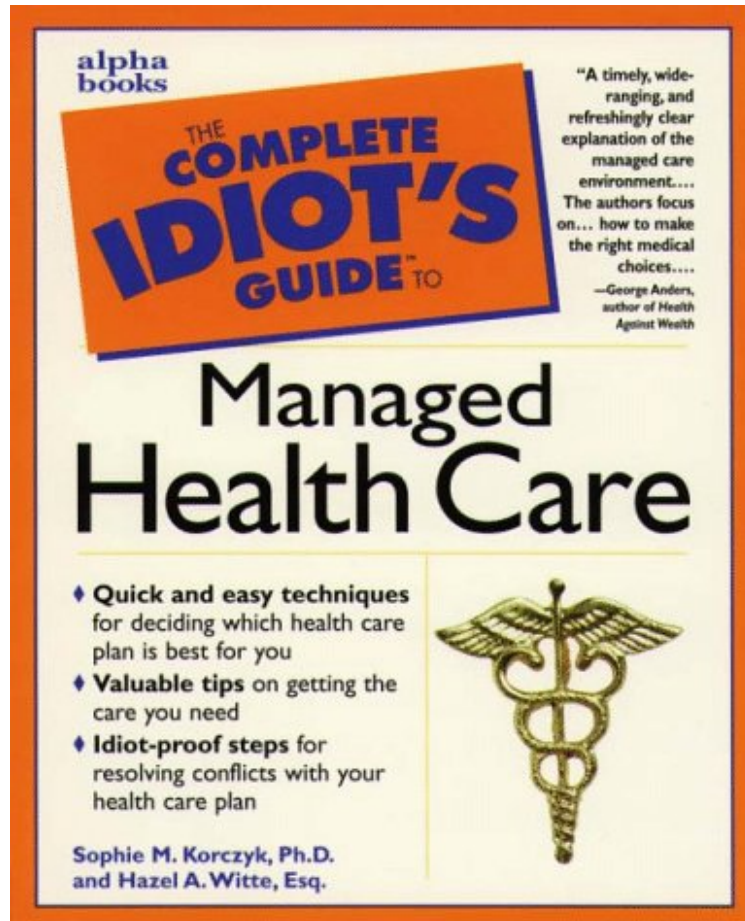


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Managed health care is one of the most confusing areas you could deal with. Rules and regulations are constantly changing. Providers are always merging and changing their offerings. And paperwork abounds. In easy-to-understand language, this book explains: c How to get up-to-date information c How to understand selection options c How to get treatment for chronic and long-term illnesses c How to get the most care for the least cost and more. A detailed Q A section is also included for handy reference.

[C]rammed with information, and well worth a day's read-through for advice like: "Be aware of your rights as a member of a health plan. Hold on to those special brochures" and any amendments. "In the best of worlds, you need them only for reference. In the worst of worlds, you need them to assert your rights." -- Victor Cohn, Washington Post Health Section, June 16, 1998