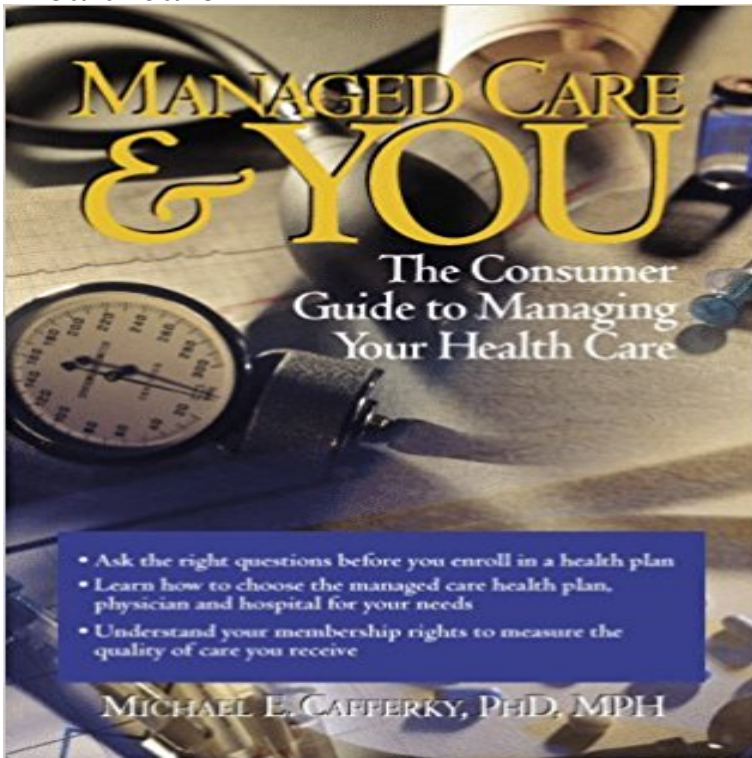


# Managed Care & You: A Consumers Guide to Managing Your Healthcare



If you are like the millions of Americans enrolled in a managed care plan, you want to get the most out of your membership and explore the choices and benefits available from an HMO, PPO, EPO, or IPA. Based on research with hospital administrators, physicians, nurses and office managers, *Managed Care & You: The Consumer Guide to Managing Your Health Care* is written in plain language for the nonprofessional who must make an informed decision about health insurance. A glossary of terms, as well as a listing of resources (including a section on using the Internet) is provided with full bibliography and index.

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