

Daily Q&A: What tips do you have to save on health and dental costs?

By: Ivan Penn, Times Staff Writer

I'm looking for ways to save money on health and dental costs. What suggestions do you have?

There are simple steps you can take that many consumers might overlook in saving on health and dental.

Here are some suggestions from Martin Rosen and Abbie Leibowitz, authors of *The Healthcare Survival Guide*, a 72-page book with details about affordable health care insurance and medical services:

- Ask your doctor for a discount. A whopping 61 percent of patients who did get one!
- Look on pharmaceutical websites for free trial offers for medications.
- Check out a university dental clinic, staffed by dental interns, offering quality care for a great deal less.
- Ask about the cost for a medical procedure. Prices can range from several hundred to several thousand dollars in the same ZIP code!

For these and other tips, visit www.healthcaresurvivalguide.com.