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UPDATED ADVICE: Charting the Best Course

By Rachel Saslow

“The Healthcare Survival Guide” (Health Advocate, \$6.95)

This slim book, also available as a free download at <http://www.healthcaresurvivalguide.com>, is written for the unemployed but includes tips for anyone trying to navigate the health-care system. It’s strength is in its timeliness: The guide includes information about how to utilize the COBRA subsidy passed by Congress in February and the trend of getting free care at drugstore clinics. Authors Martin Rosen and Abbie Leibowitz are co-founders of Health Advocate, which helps the employees of its corporate clients make best use of their health insurance benefits.

<http://www.washingtonpost.com/wp-dyn/content/article/2009/10/12/AR2009101201584.html>