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Health care tips booklet available for free download

By Tom Ahate

Martin Rosen and Abbie Leibowitz, M.D., co-founders of Health Advocate, Inc., have written “The Healthcare Survival Guide” about cost-saving tips for getting health insurance and medical services. Among other things, the book explains what COBRA is and how it works.

The subtitle says the book is aimed at “the suddenly unemployed.” It is currently available for free, in PDF form, if you visit the Web site, click “Get the Book” and fill in the registration form.

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