



# Take Control of Your Healthcare Costs

Barry Lionel Posner

**Take Control of Your Healthcare Costs**

**A Guide to Reducing Your Medical  
Expenses in the Age of Obamacare**

**Barry Lionel Posner**

Suggested Retail Price: \$9.99

eBook Retail Price: \$2.99

Trim size: 5.5" x 8.5" - Trade Paperback

Page Count: 162

ISBN: 1492296287

ISBN-13: 9781492296287

Business & Economics / Personal

# TAKE CONTROL OF YOUR HEALTHCARE COSTS

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*How much are you really spending on healthcare? This book is a consumer's toolkit that offers effective tips for helping you save hundreds of dollars on your healthcare expenses.*

*Take Control of Your Healthcare Costs* is a timely and personal guide to making financially savvy healthcare decisions. It gives consumers practical insights and guidelines for reducing their healthcare expenses. Each chapter has tips and strategies on how to save money without compromising care. Early chapters give a broad picture of the myriad healthcare options, including Obamacare, and help readers navigate the options that will work best for their specific needs. Following chapters help consumers find

ways to save money on prescription drugs, surgeries, preventive care, diagnostic tests, and even doctors' visits. In the final chapters, consumers will learn how to understand medical bills, find mistakes, and negotiate lower payments. Whether consumers have a large family or no dependents, whether they're self-employed or under-employed, chronically ill or doctor avoidant, they can find the best healthcare options at the best price.

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## AUTHOR BIO

Barry Lionel Posner is a healthcare executive with more than twenty-five years of experience working in the California healthcare industry. Barry has worked with hospitals, physician organizations, and major health insurance companies. His experience includes contract negotiations, medical cost analyses, and the development of healthcare cost savings initiatives. Barry holds a Master of Science degree in Healthcare Administration from California State University Northridge.

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