

Save Money On Your Physical and Mental Health Care In Free and Low Cost Ways

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Here are some, but not limited to the following free and low cost ways that you can save money on your physical and mental health care. (1-10)

1). Shop around for the best prices.

- A). Your health care needs or status via fee for service(s), current health and/or financial situation, etc.
- B). Health Insurance Coverage
- C). Health Providers who offer a sliding fee that's based on your income not to mention those who are willing to work you financial situations.
- D). Prescription Drug Medications
- E). Medical Devices and so on.

2). Proper lifestyle, diet and exercise can improve your finances, social, physical and mental health.

3). To obtain affordable health insurance, up your deductible to lower the premium, if applicable.

4). Take Advantage of Free Health Fairs, Screenings, Flu Shots, etc.

5). Use Discount or Membership Programs, if applicable.

6). Utilize Financial Assistance for prescription drugs, medical bills or procedures, etc.

7). Avoid incompetent, deceitful and useless health providers because they'll waste your time and money among other things due to the following reasons.

- A). They may lack knowledge, information, skills, experience, specialization, abilities and/or resources to help you.
- B). They'll intentionally or unintentionally use the wrong therapies, approaches, treatment or care due to insurance reimbursement purposes, incompetence, etc.
- C). Provides unnecessary procedures, treatment or care.
- D). Peddle useless products, services, devices, etc.
- E). Too many unnecessary office visits for your procedure or health condition.

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8). Be aware and/or question possible Medical Billing Errors because they're common and costly.

9). Utilize proven, alternative approaches that could directly and indirectly benefit you and/or your situation. For example, a competent life coach could be cheaper and better for you. Thus, improve your life, situation, mental, spiritual, financial, social health, etc Even working out regularly and/or using an inversion table could save you money on physical therapy and chiropractic care among other things.

10). Utilize Health Insurance Alternatives such as Simms Care which benefits many people in several ways.

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For serious inquiries, **I offer a FREE initial Consultation**, various payment options and unique opportunities, programs and services that could benefit you.

I also offer FREE Speaking Engagements in Warren County (Missouri) and surrounding areas on various topics such as Saving Money On Physical and Mental Health Care Costs, Simms Care, Holistic Health and Integrative Medicine, etc.

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