

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

**By Dr. John Simms, PhD**

**Disclaimer:** This Save Money On Your Physical and Mental Health Care In Free and Low Costs Ways tip sheet is for information purposes only. John Simms will not be legally and/or financially responsible for anything thing whatsoever. In other words, use the content on this tip sheet at your own risk.

**Permission:** You have permission to share this copyrighted tip sheet with others. However, you cannot sell it for profit and omit John Simms' name and contact information.

**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 your financially.
- 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 physical and mental 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, capabilities 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.

**Go To The Next Page**

- 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.
- 10). Utilize Health Insurance Alternatives such as Simms Care** if you live within Warren County (Missouri) and surrounding areas which benefits many people in several ways.

## **Improve Your Life, Health or Situation Now with John Simms**

**Go To [www.simms-info.com](http://www.simms-info.com) and/or you can connect with me via facebook at [www.facebook.com/drjohnstl](http://www.facebook.com/drjohnstl)**

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.

**Copyright © 2022 John Simms All Rights Reserved**