



Healthcare Choices: 5 Steps to Getting the Medical Care You Want and Need

Archelle, MD Georgiou

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Healthcare Choices: 5 Steps to Getting the Medical Care You Want and Need Archelle, MD Georgiou
Making healthcare decisions is hard, but making the right choices has never mattered more.

Healthcare Choices: 5 Steps to Getting the Care You Want and Need gives you the tools you need to choose the best medical care—for you. Archelle Georgiou, MD, explains her CARES model, the formula she developed to help family, friends, and thousands of television viewers make smart healthcare decisions that balance the best medical options with individual preferences. Using more than 30 real-life stories and insider tips, she demonstrates how to use this step-by-step guide to access the medical information you need to evaluate your options and make well-informed choices. Whether you are addressing a life-threatening illness, self-managing a minor ailment, selecting a doctor, or buying insurance, Georgiou’s roadmap shows you how to be an active participant in your care.

Her “go to” approach describes how to:

- Identify all treatment options for an illness, including those not mentioned by your doctor.
- Make treatment decisions that reflect your priorities and preferences.
- Find the best doctor to treat your condition.
- Communicate with your doctor and make shared treatment decisions.
- Choose the health insurance plan that’s right for you.

Maintain a voice in your lifestyle as you age.

Healthcare Choices will give you the confidence to advocate for the healthcare you want, need, and deserve.

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