taylorhealth.com

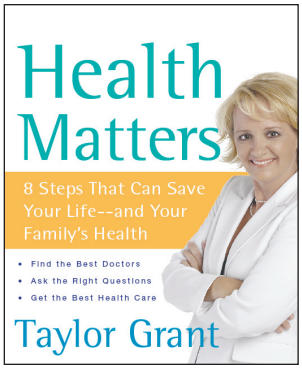
Medical expense log

Use this log to write down information about your medical expenses. Include visits to the doctor, urgent or emergency care services, preventive health screenings, tests and lab work. Don't forget to record any copayments you make for covered services and expenses you have for services such as physical therapy, counseling, etc.

DATE	SERVICE	PROVIDER	AMOUNT	PAYMENT TYPE
8/1/00	*Office Visit*	*Dr. Smith*	*$45*	*Cash*

THE QUICK-START GUIDE to your health! Taylor Grant's new book is packed with quick and simple steps you can start taking TODAY to feel great, live longer and improve your health and your care.

IN STORES NOW



Where to Find Cheap Prescription Drugs

Spending for prescription drugs in America has doubled in the last five years, with the average price for a brand name drug going from $60 to $82. Tips for saving money:

ASK FOR FREE SAMPLES. Doctors get loaded up with free samples, but you might have to ask. But make sure you really need the medication and aren't just being marketed to or used as a guinea pig.

SHOP FOR THE LOWEST PRICE. Pharmacies and retailers are fighting for your prescription dollars – so make it a good fight. Many are offering $4 drugs, including Wal-Mart, Target and K-Mart and don't miss out on bargains available at some of the "club" stores.

ASK YOUR BOSS. Well, not actually your boss, but ask your employer – usually the benefits coordinator. Many companies offer low-cost or free prescriptions as a benefit to their employees.

ASK THE DRUG COMPANIES. Most major pharmaceutical companies have patient assistance programs where you can apply for low-cost or no-cost drugs. Here's a few to get you started, but keep in mind, these are for reference. I'm not endorsing them - so make sure you check out what they want from you before you sign up.

Partnership for Prescription Assistance
pparx.org 888-477-2669

Pfizer Patient Assistance
pfizerhelpfulanswers.com 866-776-3700

Merck Patient Assistance
merckhelps.com 800-727-5400

Schering-Plough Patient Assistance
schering_plough.com 800-656-9485

click on "patient assistance" at bottom left