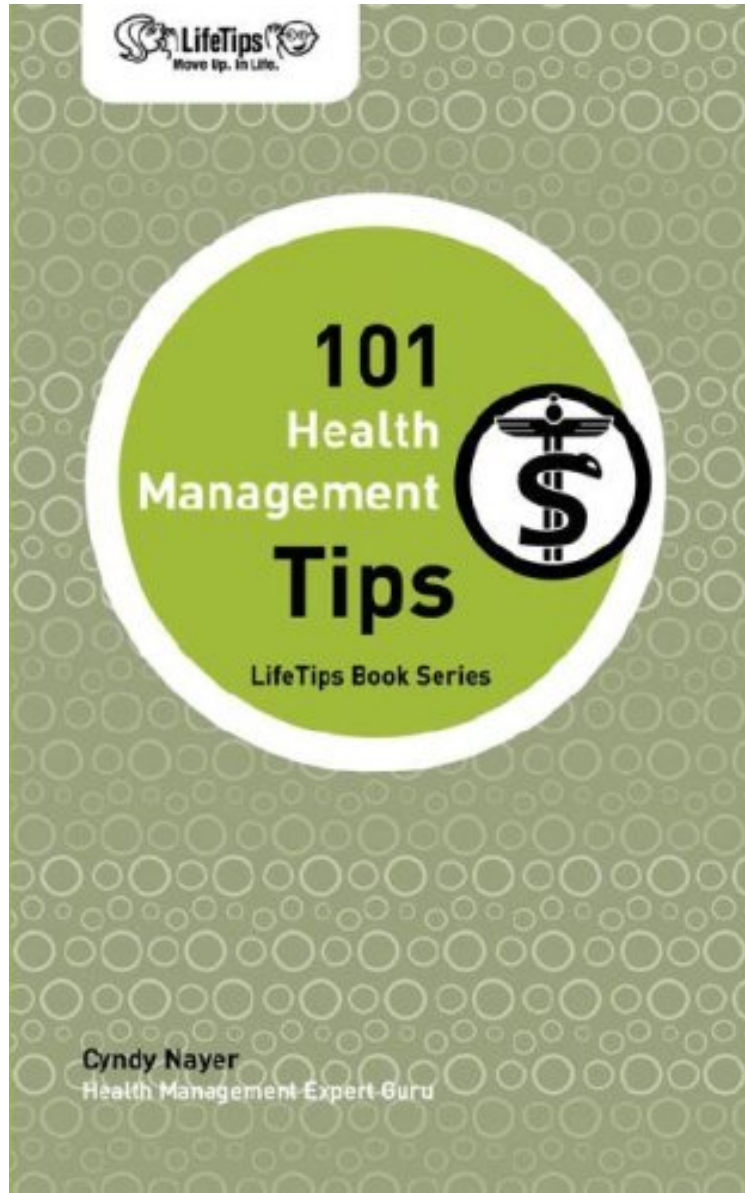


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LifeTips 101 Health Management Tips

Cyndy Nayer

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I've had the honor and opportunity to develop health improvement programs for Fortune 100 companies, for health plans and health systems, for communities and coalitions. At the end of the day, the basic fact is this: people make the ultimate decision for their health. Each person is the ultimate health care consumer, and each makes the consumer decision one step, one purchase at a time. That's why I wrote this book. It teaches that each one of us is responsible for our health and the amount of money it costs to maintain our health. By taking simple, but profound steps, each of us can become better at managing our health.