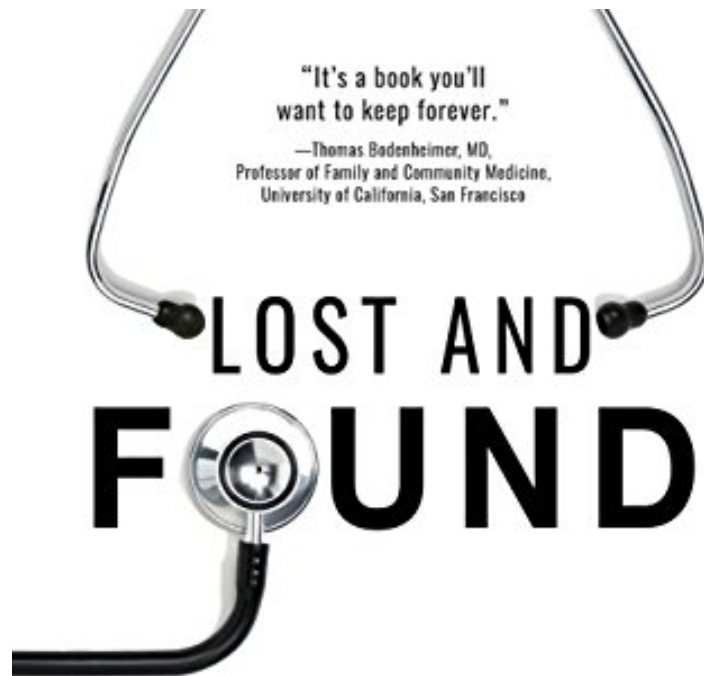


Lost and Found: A Consumer's Guide to Healthcare

Peter B. Anderson MD, Paul H Grundy MD
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A Consumer's Guide to Healthcare

PETER B. ANDERSON, MD
AND PAUL H. GRUNDY, MD
with Tom Emswiler and Bud Ramey

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Peter B. Anderson MD, Paul H Grundy MD : Lost and Found: A Consumer's Guide to Healthcare before purchasing it in order to gage whether or not it would be worth my time, and all praised Lost and Found: A Consumer's Guide to Healthcare:

1 of 1 people found the following review helpful. On becoming an educated consumerBy K. ShawThe nice part about this book is that you get the sense that you have some trusted insiders on your side, guiding you through all the challenges of the modern healthcare system. They are pulling back the curtain a bit, helping you to understand some of

the motivations and incentives of the different players in today's healthcare, and this equips you to make better and more informed choices. And there are lots of different players with a lot of money on the line who will be trying to steer your healthcare in a certain direction. Some are trying to get healthcare costs down, so they're shifting more of the financial burden to consumers in the hopes your skin in the game will prevent extra tests or procedures. Others are trying to pay off their expensive equipment, grow their practice, or just get more of the healthcare pie. You, as the patient, are likely to be caught in the middle. The book is also written in a style that's easy to understand, and it doesn't drift into using lots of jargon that you'll be forced to Google so you can follow along. So if you've been intimidated by other resources, this is probably a good book for you. If the book has a weakness, there are some topics where a little more application help would be nice. The authors do a nice job of laying out all the ideal characteristics that one should seek in a local (familiar) physician or their practice. But what questions should I ask when I'm shopping around to make sure I have the best chance of choosing a practice that does those things? How can I tell the difference based on answers to some questions? This is a pretty minor criticism, though. The book should be helpful to a lot of people in a time when the healthcare system is becoming more and more confusing while putting significant pressure on you, the patient, to make sure you get proper, quality care.

1 of 1 people found the following review helpful. Lost and Found is an excellent handbook for understanding and sorting out the complexities of ...By Christina L. Hamilton
Lost and Found is an excellent handbook for understanding and sorting out the complexities of the American health care system. Instead of advancing a particular political point of view, the book helps one to understand the importance of having a primary family physician whom you know and trust. It is also quite helpful in pointing out what to look for when selecting an insurance policy as well as how to deal with and fight unreasonable healthcare charges. The book is a valuable resource.

1 of 1 people found the following review helpful. I read your book over the last two days and found it useful as you cut to the chase to provide the ...By Hattie R. Bryant
Thank you for writing a short book about a long topic! Thank you for writing a simple book about what has become so complex! I read your book over the last two days and found it useful as you cut to the chase to provide the reader with just the facts. Readers will learn that we all need to anchor in with our primary care doctor and become fully engaged in our own fitness thereby partnering with this physician who knows us best.

Regardless of your politics, personal opinions, or individual experience, it's difficult to deny that the American healthcare system is broken and in desperate need of repair. These and related questions about healthcare are being asked all across the country: Why can't my doctor be more accessible and accommodating when I need an appointment? What is the right medical care and how would I know it when I experience it? How can I get personalized and reliable information to help make decisions about my family's health? Why is healthcare so expensive and can I ever expect it to be more affordable? How do I choose the right insurance plan for my family? What programs or assistance are available when I just don't have the money to see a doctor or pay for medications? What does the future of healthcare look like and will it be better than the present? If you're wondering about the same and similar kinds of issues, *Lost and Found* will be a resource you'll want to keep close at hand and turn to again and again.

"It's a book you'll want to keep forever." - Thomas Bodenheimer, MD, Professor of Family and Community Medicine, University of California, San Francisco
"There is an urgent need for helpful, unbiased information that isn't selling something. *Lost and Found* provides trustworthy, practical advice on the major decisions that all of us have to make in getting the healthcare we want and need for ourselves and our loved ones." - Edward H. Wagner, MD, MPH, Group Health Research Institute Senior Investigator Director (Emeritus), MacColl Center, Seattle Washington
"*Lost and Found* picks up where *The Familiar Physician* left off, offering powerful evidence of how data will transform healthcare and make it truly personal again." - Daniel S. Pelino, General Manager, Global Public Sector, IBM Corporation
"At this time of great confusion and anxiety about healthcare, patients and their loved ones in America have no more constant, clear-eyed, and committed champions than Dr. Paul Grundy and Dr. Peter Anderson. They've been at that mission for years, and now, in this book, they offer guidance in a friendly form that everyone can use, and should use, to seek and find the care that truly matters and really helps." - Donald M. Berwick, MD, MPP Former Administrator of the Centers for Medicare and Medicaid Services; Professor in the Department of Health Policy and Management at Harvard School of Public Health; President Emeritus and Senior Fellow, Institute for Healthcare Improvement
"Healthcare continues to get more complicated, confronting consumers again and again with critical decisions about health insurance, where to go, and how to get what you need from your medical care. There is an urgent need for helpful, unbiased information that isn't selling something. *Lost and Found* provides trustworthy, practical advice on the major decisions that all of us have to make in getting the healthcare we want and need for ourselves and our loved ones." - Edward H. Wagner, MD, MPH Group Health Research Institute Senior Investigator Director (Emeritus), MacColl Center, Seattle Washington
"Every family should read *Lost and Found: A Consumer's Guide to Healthcare*. The book tells it like it is, providing '12 Facts of Life' on how the health system works and sometimes doesn't work so well. Most of the book gives detailed advice on how you can get the healthcare you need, and how to make it more affordable. It's a book you'll want to keep forever." - Thomas Bodenheimer, MD

Professor of Family and Community Medicine, University of California, San Francisco "Dr. Paul Grundy has been a quiet, unrelenting force driving transformation of primary health care to genuinely provide the majority of people's health needs. I've found that he's someone always worth listening to." - Atul Gawande, MD, MPH Surgeon, Brigham and Women's Hospital Author, "Being Mortal: Medicine and What Matters in the End" and "The Checklist Manifesto" "Few things in life are as confusing - or as important - as making wise choices about health care. This important book will help you make sense of what's happening and make better choices for you and your family." - Dr. Elliott S. Fisher MD, MPH Director of The Dartmouth Institute for Health Policy Clinical Practice James W. Squire Professor of Medicine and Community and Family Medicine at the Geisel School of Medicine, Dartmouth "Thanks to Drs. Anderson and Grundy, we now have a well-written, straightforward, apolitical, consumer-oriented guide for people who want to understand our complex healthcare 'system.'" - Michael S. Barr, MD, MBA, FACP Executive Vice President, National Committee for Quality Assurance About the Author Dr. Anderson completed his MD at the University of Virginia School of Medicine and his residency training at Riverside Regional Medical Center in Newport News, Virginia. He maintained a large primary care practice for 30 years, which became the first in the state of Virginia to be recognized and accredited by the National Committee for Quality Assurance (NCQA) as a medical home. While in practice, Dr. Anderson also served as Clinical Assistant Professor of Family Medicine at the University of Virginia School of Medicine and Assistant Professor of Clinical Family and Community Medicine at Eastern Virginia Medical School. After retiring from active practice, he founded and now leads Team Care Medicine, a healthcare consulting and training company. Using a model of inside-the-exam-room care that serves to both redesign traditional workflow patterns and elevate staff responsibilities, Dr. Anderson has helped over 300 physician practices, as well as U.S. Department of Defense Military Health primary care clinics, transform their practices. The author of three books, including The Familiar Physician which focuses on the patient-physician bond and the Patient-Centered Medical Home as key elements of primary care medicine and health reform, Dr. Anderson is also a frequent national speaker and media contributor on family practice and primary care issues. To learn more about Dr. Anderson and his work, visit teamcaremedicine.com or follow @thefamiliarphys on Twitter. Paul Grundy, MD, MPH, FACOEM, FACPM, currently serves as IBM's Global Director of Healthcare Transformation and is a member of the IBM Industry Academy. He attended medical school at the University of California, San Francisco, completed his residency training in Preventive Medicine and a postdoctoral fellowship in Occupational Health in the International Environment, both at Johns Hopkins. Dr. Grundy also earned a Master's Degree in Public Health at the University of California, Berkeley. He is a member of the National Academy of Science's Institute of Medicine, Chair of Health Policy for the Employee Retirement Income Security Act (ERISA), and an adjunct professor at the University of Utah Department of Family and Preventive Medicine. In 2014, Dr. Grundy was named as Ambassador for Healthcare DENMARK, a role in which he shares best practices from the Danish healthcare system with U.S. and international physicians. Prior to his career at IBM, Dr. Grundy was a medical officer and flight surgeon in the U.S. Air Force and served in the U.S. Department of State, where he advised ambassadors on healthcare programs for diplomatic posts. He received the Department of State Superior Honor Award for efforts related to the HIV/AIDS crisis in sub-Saharan Africa. Dr. Grundy also served as Chief Medical Office for the Adventist Health System, Pennsylvania, and is currently president of the Patient-Centered Care Collaborative, a not-for-profit advocacy group committed to advancing an effective health system built on a strong foundation of primary care and the Patient-Centered Medical Home. Dr. Grundy is widely known as "the Godfather of the medical home." You can follow Dr. Grundy on Twitter at @Paul_PCPC. "Dr. Paul Grundy may be the most knowledgeable person in the United States regarding the state of our country's healthcare." -Craig Jones, MD, Executive Director, Vermont Blueprint for Health