



For the latest news and updates, please check the News & Events listings at GOODCARE.com.

toll-free phone: 866-696-6543
toll-free fax: 800-881-7176

About GOODCARE.com

Headquartered in Pittsford, New York with a second office in Washington, DC, GOODCARE.com is a privately run consultancy that helps consumers and businesses understand the puzzling world of healthcare services and financing. The consultancy's special focus is helping people save money on healthcare.

At GOODCARE.com, we provide targeted research, consulting and training, along with a wide variety of helpful resources to assist people at all stages of their lives plan for, and determine how to pay for, the healthcare they need.

The site also offers a free, downloadable GOODCARE Tool Kit™. In addition, the site offers a FAQ section to answer many common questions individuals and businesses have about choosing and paying for, the healthcare services they need, including long-term care.

Meet the people behind GOODCARE.com



Dr. Katy Votava Biography

Dr. Katy Votava is the president and founder of GOODCARE.com, a consulting firm that works with consumers, financial advisors and small business, all over the United States, to help them plan for and manage their healthcare costs. The website, www.GOODCARE.com, has a wealth of information for consumers to help them understand and manage their healthcare costs. GOODCARE.com has a free downloadable Tool Kit that people can use to organize their healthcare expenses and manage important information for themselves or a loved one.

Dr. Katy's in-depth experience as a nurse practitioner, healthcare administrator, educator and researcher gives her a broad view of healthcare in retirement and what the real impact is on consumers. She is an expert on personal healthcare costs, Medicare and long-term care. She has been featured on the Nightly Business Report, Health.com and speaks frequently on personal healthcare finance. Dr. Katy Votava is a registered nurse with a PhD in health economics and nursing from the University of Rochester where she completed a pre-doctoral fellowship in community and preventative medicine. Dr. Katy also did a post-doctoral fellowship at Harvard Medical School.



Cymantha Campbell Operations Manager, GOODCARE.com

The friendly voice you'll likely hear when you call GOODCARE.com is that of Cymantha Campbell, GOODCARE.com's operations manager. Cymantha provides full administrative and operational support for the consultancy's new headquarters in Pittsford, New York.

Cymantha has in-depth experience working to help other people. She worked in the arts-in-education field as the assistant to the director of the Rochester City School District's Artist in Residence program, and then as program coordinator for Young Audiences of Rochester. Before joining GOODCARE.com, Cymantha served as the operations manager for Fireproof Children.

Her background includes office management, project management, office technology, event planning and web design. Cymantha is available to answer questions and provide other sources of information to help individuals and families solve their healthcare planning and financing puzzles.

GOODCARE.com's core offerings include:

Research In today's changing healthcare environment, consumers, businesses and financial advisors alike want to know how much healthcare will cost them during pre-retirement and retirement. GOODCARE.com can help.

As a core capability, customized, targeted research is a specialty that GOODCARE.com provides to its clients. Dr. Kathryn Votava, an expert in healthcare economics, conducts industry-leading research on the topics of healthcare costs, with a particular focus on costs during preretirement and retirement, and makes the results available to her clients.

Consulting Because Americans are living longer than ever, long-term care (LTC) is a big buzzword in healthcare today, and employers are increasingly making LTC insurance plans part of their benefit or cafeteria plans for employees.

At GOODCARE.com, we're specialists in all aspects of long-term care, particularly its costs and the options available to finance this complex care. Planning for LTC is a wise step many of employees or clients of financial advisors will want to take.

For employers and financial advisors, we apply the results of our experience and research about long-term costs, insurance and LTC financing options through individual consultations. This targeted knowledge allows businesses to customize LTC financing plans for themselves and their employees or clients.

Speaking and Training Healthcare issues are increasingly in the news, and it's difficult to keep track of all the changes and how they may relate to businesses. But it's essential to have accurate, organized and easy-to-use information that will help businesses make good choices about healthcare services and their associated costs.

At GOODCARE.com, we develop customized presentations and materials that provide the tools businesses need to simplify their choices about which healthcare services they need and their related costs. In fact, we make many of these materials and tools available online, free of charge, at GOODCARE.com.

The free GOODCARE.com Tool Kit™

A little expert information and organization can go a long way to helping people get the healthcare services they need, and the GOODCARE Tool Kit™ is a great way to get started. It includes tools to help users organize their healthcare expenses and manage important information for themselves or their loved ones. Users can download any one or all of the tools in the kit. More detailed instructions are inside each tool. This kit is exclusive to GOODCARE.com—it's full of good information, handy checklists and tracking tools, and best of all, it's free! To see and download the tools in the kit, visit GOODCARE.com.

The kit includes these free tools:

Zip archive—download the complete GOODCARE Tool Kit™

This file contains all sixteen tools in the kit.

Healthcare Out-of-Pocket Expenses Worksheet

This is a detailed, functional spreadsheet to help users organize and track all their out-of-pocket healthcare expenses. And it automatically does the math!

Healthcare Services Contact Organizer

Here's a handy, customizable contact organizer individuals can use to list all their community-based health-related services.

Medicare Benefits 2011

An easy crib sheet to help individuals stay up-to-date on their Medicare benefits this year, along with what they'll pay out-of-pocket.

Healthcare-related Legal Forms Checklist

Users can learn about and track their powers of attorney and healthcare proxies, along with release of medical information forms between spouses, partners and family members with this tool.

The Key Features to Shop for in a Long-Term Care Insurance Policy

Important things to think about when individuals are considering the purchase of a long-term care policy.

Toolkit continued:

Shopping for an Individual Health Insurance Policy

The most important things to keep in mind when shopping for an individual health insurance policy.

FAQs About COBRA Continuation Health Coverage

Answers to all your questions about the Consolidated Omnibus Budget Reconciliation Act (COBRA) health benefits law. A health coverage plan that provides for continuation of group health coverage when you lose your job due to certain specific events.

FAQs About High Deductible Health Plans and Health Savings Accounts

Find out all the facts about HDHPs and HSAs.

Medicare Part B and Part D Premium Adjustment Reconsideration Process

All the answers to your Medicare Part B questions.

SSA-44

Medicare Part B- Income-Related Premium - Life-Changing Event Social Security Forms.

IRS Publication 502 Medical and Dental Expenses

COBRA Premium Reduction

Fact Sheet from the U.S. Department of Labor

Medicare & You – The Official Medicare Guide 2011

Choosing a Medigap Policy: A Guide the Health Insurance for People with Medicare

Medicare Eligibility Tool

Eligibility resource from the U.S. Department of Health & Human Services

Contact information for GOODCARE.com:

Call us toll-free at: **1-866-696-6543**

Fax us toll-free at: **1-800-881-7176**

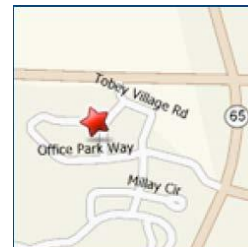
To reach Cymantha Campbell, GOODCARE.com's operations manager,
please call: **1-585-419-7078**

To reach Dr. Katy Votava directly, please call: **1-585-419-7083**

You can reach GOODCARE.com by email at: DrKaty@goodcare.com

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