

**Q. I have no health insurance. How can ARAM help?**

A. We are neither an insurance company nor a provider of health services. We are an educational institution that will help you control your health care costs through better understanding of your disease and empower you to make the right decisions that your quality of care can be improved.

If you have no health insurance you need to make the best of your visit to the doctor's office. Learning how to take care of yourself and what you need to do to fix the gaps in your health care, learning what you need to get done by your provider on each visit to optimize your care may decrease the visits to the emergency room (\$900 each) or admission to the hospital ( \$12,000 each on an average).

Our program costs pennies to the dollar you may need to spend if you do not fix the gaps in your care.