

cancel banfield wellness plan

Cancel Banfield Wellness Plan: A Comprehensive Guide

Are you thinking about canceling your Banfield Wellness Plan? Feeling overwhelmed by the process or unsure of the steps involved? You're not alone! Many pet owners find themselves in this situation, questioning whether the plan's value aligns with their pet's needs and their budget. This comprehensive guide will walk you through everything you need to know about canceling your Banfield Wellness Plan, ensuring a smooth and stress-free experience. We'll cover the various methods for cancellation, address common concerns, and provide you with the information you need to make an informed decision.

Understanding Your Banfield Wellness Plan Before Cancellation

Before diving into the cancellation process, it's crucial to understand the specifics of your current plan. Different plans offer varying levels of coverage and benefits. Knowing your plan type (e.g., Optimum Wellness Plan, Essential Care Plan) will help you navigate the cancellation process efficiently. Check your enrollment documents or contact Banfield directly to clarify any uncertainties regarding your plan details. This includes understanding any potential early termination fees or remaining balance.

How to Cancel Your Banfield Wellness Plan: A Step-by-Step Guide

Cancelling your Banfield Wellness Plan can typically be done through several methods, each with its own nuances:

1. Cancellation via Phone: This is often the quickest method. Call Banfield's customer service number (you can usually find it on their website or your plan documents). Be prepared to provide your account information, including your pet's name, your name, and your plan details. Clearly state your intention to cancel and request confirmation of the cancellation in writing. Keep a record of the date, time, and representative's name for your records.
1. Cancellation via Mail: While slower than a phone call, sending a cancellation request via certified mail with return receipt requested provides a documented proof of your cancellation request. Your letter should clearly state your desire to cancel the plan, include your account information, and request confirmation of the cancellation. Keep a copy of the letter and the return receipt for your records.

1. **Cancellation in Person:** If you're comfortable, you can visit your local Banfield Pet Hospital and speak directly with a representative. This allows for immediate clarification of any questions and ensures a face-to-face confirmation of your cancellation.

Important Considerations: Regardless of your chosen method, ensure you obtain written confirmation of your cancellation. This protects you against any future billing disputes. Pay close attention to any cancellation deadlines or potential fees associated with early termination of your contract.

Understanding Potential Fees and Charges

Be aware that early cancellation may result in fees. These fees vary depending on your plan, the length of your contract, and your location. Review your plan documents thoroughly to understand any potential financial implications before canceling. Don't hesitate to contact Banfield directly to clarify any ambiguities regarding potential charges.

Alternatives to Cancellation: Exploring Other Options

Before completely canceling your Banfield Wellness Plan, consider exploring alternative solutions:

Downgrading your plan: If the cost is your primary concern, explore whether downgrading to a less comprehensive plan might better suit your budget and your pet's needs.

Negotiating with Banfield: Contact Banfield customer service and explain your reasons for wanting to cancel. They may be willing to negotiate a more affordable plan or offer alternative solutions to retain you as a client.

Reviewing your pet's healthcare needs: Assess your pet's overall health and consider whether the plan's comprehensive services truly align with their current health requirements.

What Happens After You Cancel?

After successfully canceling your Banfield Wellness Plan, you'll receive written confirmation. Ensure you understand the effective date of the cancellation and whether any outstanding charges remain. You'll need to seek alternative veterinary care if you decide to cancel.

Choosing the Right Veterinary Care After Cancellation

Once your plan is canceled, you'll need to find a new vet. Consider factors like location, cost, and services offered when making your decision. Research different veterinary clinics in your area and read online reviews to help you choose a suitable provider.

Conclusion

Cancelling your Banfield Wellness Plan is a decision that requires careful consideration. By following the steps outlined in this guide and understanding the potential implications, you can navigate the

process efficiently and confidently. Remember to keep records of all communication and obtain written confirmation of your cancellation to avoid any future complications. Remember to explore all your options before making a final decision. Your pet's health and your peace of mind are paramount.

FAQs:

1. Can I cancel my Banfield Wellness Plan anytime? While you can typically cancel, you may incur early termination fees depending on the terms of your specific plan contract. Always review your contract details.
1. What if I have outstanding charges on my account? You'll need to settle any outstanding charges before your cancellation can be fully processed. Contact Banfield customer service to understand the outstanding balance and payment options.
1. Will I receive a refund for any unused portion of my plan? This depends on your plan's specific terms and conditions. Some plans may offer partial refunds for unused portions, while others may not. Contact Banfield to inquire about your plan's refund policy.
1. What is the best method to cancel my Banfield Wellness Plan? While phone cancellation is often the fastest, sending a cancellation request via certified mail with return receipt requested offers the best documented proof of cancellation.
1. How long does it take for Banfield to process a cancellation request? Processing times can vary. Allow sufficient time for your request to be processed and confirmed in writing. Contact Banfield customer service if you haven't received confirmation within a reasonable timeframe.

cancel banfield wellness plan: [Partner's Forum](#) , 2009

cancel banfield wellness plan: The Frazzled Teacher's Wellness Plan J. Allen Queen, Patsy S. Queen, 2013-08-20 Boost teacher retention and help banish classroom burnout with this expert guide! This handy wellness guide helps busy teachers optimize their classroom effectiveness and breeze through stressful times. Custom crafted by an educator and a nurse who understand the stresses teachers face, this updated second edition offers a five-step program to help weary educators: Master the science of stress management Restructure professional and personal priorities Use technology for time management Easily fit health-promoting nutrition and exercise

routines into their day New research and expert tips address high-stakes CCSS, 21st Century Learning initiatives, and technology requirements.

cancel banfield wellness plan: Banfield , 2009

cancel banfield wellness plan: Pet Nation Mark Cushing, 2020-09-08 An inside look at the forces behind how our pets become treasured members of the family. In the last 20 years pets have gone from the backyard to sleeping on our beds, then showing up in every corner of America. Pet Nation tells the story of this seismic shift and the economic, media, legal, political, and social dramas springing from this cultural transformation. Since 1998 the pet population in the U.S. has almost doubled -- about two-thirds of the country now owns a pet. No longer left to wander the neighborhood, dogs and cats eat special food, get individualized medical attention, and even fly in the cabin. As founder of the Animal Policy Group, Mark Cushing provides an inside look at the rise of Pet Nation, tracking the myriad ways pets are acquired (a Canine Freedom Train runs south to north), reporting on pet rights legislation (and the unseen problems that come with elevating their status), pet healthcare (revealing the truth and myths about large scale breeders), and discovering that despite what many organizations would have us believe, there is a shortage of dogs. Insightful, surprising, and full of great stories, Pet Nation opens our eyes to the big changes happening in front of us right now. It shows us not only what our love of animals says about pets, it shows us what it says about ourselves.

cancel banfield wellness plan: Caring for Your Aging Cat Janice Borzendowski, 2007 Since cats have a natural talent for looking better than they feel, it may surprise owners to learn that felines are considered senior" at 7 and geriatric" at 14. This invaluable guide explains such things as how to help an older cat with grooming, how to recognize the diseases that come with age, and how to tell if the animal is in pain or discomfort. Here, too, are the many different state-of-the-art treatments available--including how much each should cost. End-of-life questions--such as euthanasia and hospice care--are discussed frankly and with compassion for both pet and owner. Full of heartwarming case studies, this is a book for everyone who has the good fortune to live with a cat.

cancel banfield wellness plan: Diseases of Dogs & Cats Veterinary Surgeon, 1893

cancel banfield wellness plan: Practice Management, An Issue of Veterinary Clinics of North America: Small Animal Practice, E-Book Peter Weinstein, 2024-02-02 In this issue of Veterinary Clinics: Small Animal Practice, guest editor Dr. Peter Weinstein brings his considerable expertise to the topic of Practice Management. Operating a successful small animal veterinary practice requires wide-ranging knowledge and familiarity with a multitude of issues. In this issue, top experts provide resources that help readers better understand the business of veterinary practice and the tools to help them decide to own a hospital, manage a practice, or more effectively lead a practice that they already own. - Contains 16 relevant, practice-oriented topics including what the future of veterinary practice looks like; digital marketing and social media; optimal team utilization leads to team retention; top ten practice management mistakes; workplace culture; and more. - Provides in-depth clinical reviews on practice management, offering actionable insights for clinical practice. - Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field. Authors synthesize and distill the latest research and practice guidelines to create clinically significant, topic-based reviews.

cancel banfield wellness plan: Complete Care for Your Aging Cat Amy Shojai, 2024-01-26 THE OLD CAT BIBLE! Filled with comprehensive cat reference material from interviews with over 100 veterinary experts, this award-winning book answers all your must-know questions. You'll find heartwarming chicken soup-like stories, and the latest developments in veterinary care advice for cats' health care for old cats, this is the definitive guide for keeping senior cats vital, happy, and active throughout their golden years. You'll learn: How to entice your older cat into getting more exercise What changes to expect as your cat ages--and which changes are natural and which are warning signs that should send you to the veterinarian Which pet-specific over-the-counter cat medications every owner should keep on hand How to use the L.O.V.E. Program to keep your cat loving longer

and living better Tips on everything from choosing the right products and cat foods for your aging cat How to offer old cats nursing care at home for common old cat conditions Information about cat symptoms and feline treatments for cat kidney disease, hyperthyroidism in cats, cat urinary tract infection, cats and diabetes, blind cat, deaf cat, cat stroke, feline diarrhea, cat constipation, old cats not eating, litter box problems and more. Filled with heartwarming stories of successful senior citizen cats, the latest developments in treating feline illnesses in old cats, age-defying tips, and comprehensive reference material, this is the definitive guide to turning back the clock on aging--and keeping senior cats vital, happy, and active throughout their golden years.

cancel banfield wellness plan: *Complete Care for Your Aging Dog* Amy Shojai, 2018-02-16
Advances in veterinary medicine have nearly doubled how long a dog lives. But old dogs have unique health and emotional needs, senior dog food and nutrition, and aging dog medical care. A longer life means old dogs suffer age-related conditions such as dog cancer, kidney failure in dogs, dog diabetes, arthritis in dogs, stroke in dogs, and dementia in dogs, all of which can be successfully managed with your loving assistance. KUDOS! WINNER of the Dog Writers Association of America Maxwell Medallion Chock-full of lifesaving and life-enhancing facts--but incredibly moving and readable--the book is guaranteed to help your beloved pet live a happier, healthier, fuller life. While this comprehensive and groundbreaking book presents cutting edge medical information, Shojai makes sure that it's proven and practical. Captivating true stories of 'successful agers' will motivate you to make sure you give your pets the best care possible. --Dr. Marty Becker, Resident Veterinarian on Doctor Oz Show, and Good Morning America Once again Amy has done it! VERY important, useful and valuable information in a concise, easy to read work. Our pets are living longer--and with this interesting and complete book--healthier lives. If you have a middle aged to older pet, this book is a Must Have! --DR. JIM HUMPHRIES, Veterinarian, Contributing Editor to CBS's The Early Show, and National Veterinary Spokesperson Need a quick reference? Complete Care for Your Aging Dog provides a practical, easy-to-read guide about health care for the aging dog. If you have an aging dog, this is a 'must read' book. It provides simple question-and-answer treatment of essentials of aging dogs. --Dr. Johnny D. Hoskins, Internist for older dogs and cats Award Winning Book Keeps Your Aging Dog Loving Longer, Living Better! You can teach an old dog new tricks—and give him the best care possible. As dogs age, elderly dogs deserve and require special dog health care to prevent dog problems. COMPLETE CARE FOR YOUR AGING DOG explains how old do dogs live, how old is a “senior dog,” and old dogs health and behavior changes. You’ll find all the must know information about old dogs, dogs illness and dog symptoms, with veterinary advice for keeping your old dog healthy and treating your sick dog if necessary. Complete Care for Your Aging Dog contains the answers you need to care for your old dog. Pet expert Amy Shojai explains: •How to entice your older dog into getting more exercise •What changes to expect as your dog ages—and which changes are natural and which are warning signs that should send you to the veterinarian •Which pet-specific over-the-counter dog medications every owner should keep on hand •How to use the L.O.V.E. Program to keep your dog loving longer and living better •Tips on everything from choosing the right products and dog foods for your aging dog •How to offer old dogs nursing care at home for common old dog conditions •Information about dog symptoms and canine treatments for dog cancer, kidney failure in dogs, dog hypothyroidism, dog diabetes, blind dogs, deaf dogs, dog stroke, doggy diarrhea, canine constipation, urine incontinence, old dogs not eating, and more. Filled with heartwarming stories, the latest developments in treating canine illnesses in old dogs, age-defying tips, and comprehensive reference material, this is the definitive guide to turning back the clock on aging--and keeping senior dogs vital, happy, and active throughout their golden years.

cancel banfield wellness plan: *Trends* , 2003

cancel banfield wellness plan: *Woman's Day Living Fiscally Fit* Woman's Day, 2008 Assess your financial picture, save more, spend less, invest in the future--Cover.

cancel banfield wellness plan: *Caring for Your Aging Dog* Janice Borzendowski, 2007 Today, veterinarians know more about small-animal geriatrics than ever before--making it possible for dogs

to live longer, better lives. But science and technology alone aren't enough: we have to do our part, too. And this thorough guide to the older dog teaches us how. It introduces the basics of caring for a senior pet; examines issues of genetics, environment, and nutrition; presents a prevention primer" for forestalling disease and old-age conditions; and explains how to recognize vital signs of change, from cloudy eyes to achy joints. Most important, it offers comforting advice on what to do when your beloved pet does get sick, and how to deal with both the financial and emotional costs. Throughout, dog owners tell their inspiring personal stories.

cancel banfield wellness plan: Journal of the American Veterinary Medical Association American Veterinary Medical Association, 2014 Vols. for 1915-49 and 1956- include the Proceedings of the annual meeting of the association.

cancel banfield wellness plan: American Journal of Veterinary Research , 2014 Volumes for 1956- include selected papers from the proceedings of the American Veterinary Medical Association.

cancel banfield wellness plan: Becoming a Veterinarian Boris Kachka, 2019-04-02
Choosing what to do with your life begins with imagining yourself in a career. Using stories of real practitioners in the field, the Masters at Work series offers the opportunity to see through the eyes of someone who has mastered a profession and learn what the risks and rewards of a job really are. According to a LinkedIn survey that polled 8,000 professionals, the second most popular childhood dream job for respondents was a veterinarian. It's a career that appeals to many, due to its involvement with animals and association with helping and doing good. Still, much of the day-to-day elements of the job are not known by the wider public. This series, and individual guide, provides valuable and relevant information about what daily life for a professional veterinarian is like, and will be a vital resource for anyone interested in pursuing the path. Is there such a thing as a typical veterinarian? Journalist and author Boris Kachka sets out on a journey, determined to discover how to turn a childhood dream into a real career. *Becoming a Veterinarian* is a behind-the-scenes, honest, and inspiring look at the day-to-day life of a veterinarian through the eyes of four people who have made this career their life's work. There's Michael, who thought he would be an architect, but instead works with urban pets at the ASPCA in New York; Elisha, who studied dance before she began treating cows, cats, and horses; Idina, who was injured in a car accident and was forced to find a second career; and Chick, who was earning a Masters in economics but turned to veterinarian science after he began working nights at an animal hospital. With each, Kachka dives into every element of the job: science, surgery, financials, finding a program, and everything in between.

cancel banfield wellness plan: Complete Kitten Care Amy Shojai, 2018-02-19 UPDATED and EXPANDED CONTENT Including 27 New Cute Kitten Pictures! COMPLETE KITTEN CARE is your go-to guide for kittens information on kittens health, new kitten care, and buying a kitten or adopting a stray or shelter kitten for your family. You'll learn all the latest about raising a cat of your dreams, introducing a new kitten to the rest of your family, and enjoy the award winning cute kitten pictures. Nationally known pet authority Amy Shojai has updated her award-winning book with the latest cat behavior information and kitten care research, including new cat vaccinations guidelines, animal behavior advice, cat language tips and more. This veritable Kitten101 is packed with all the must-know facts about cats and kitten facts including: * Choosing a kitten * Best kittens for adoption * Kitten breeds and buying kittens * How to train a kitten * Understand kitten behavior * Fixing and preventing common kitten problems * Toilet training cats and litter training kittens * How to stop kitten biting and cat hissing * Understand cat communication, cat body language and cat purrs * Cat breed guide with care considerations and kitty personality types * introducing a kitten to a cat * introducing a kitten to a dog * Kittens food considerations * Grooming a cat or kitten * Kitten vaccinations * Kitten parasites and cat worms * Kitten spay and neuter * Cat legends, myths, and fun facts Plus a myriad of UPDATED kitten and cat supply resources: the best kitten Websites, cat associations and feline clubs, animal welfare organizations and feline foundations, recommended cat books and kitten magazines, online kitten and cat products sources

cancel banfield wellness plan: International Directory of Company Histories Jay P. Pederson,

Miranda H. Ferrara, 2004-11 Provides detailed histories of many of the largest and most influential companies worldwide. Intended for reference use by students, business persons, librarians, historians, economists, investors, job candidates, and others who want to learn more about the historical development of the world's most important companies.

cancel banfield wellness plan: Veterinary Forum , 2008

cancel banfield wellness plan: *Disease Control Priorities, Third Edition (Volume 8)* Donald A. P. Bundy, Nilanthi de Silva, Susan Horton, Dean T. Jamison, 2017-11-20 More children born today will survive to adulthood than at any time in history. It is now time to emphasize health and development in middle childhood and adolescence--developmental phases that are critical to health in adulthood and the next generation. Child and Adolescent Health and Development explores the benefits that accrue from sustained and targeted interventions across the first two decades of life. The volume outlines the investment case for effective, costed, and scalable interventions for low-resource settings, emphasizing the cross-sectoral role of education. This evidence base can guide policy makers in prioritizing actions to promote survival, health, cognition, and physical growth throughout childhood and adolescence.

cancel banfield wellness plan: *The Welfare of Animals in Animal-Assisted Interventions* Jose M. Peralta, Aubrey H. Fine, 2021-05-07 This is the first book focusing on the animal's perspective and best practices to ensure the welfare of both therapy animals and their human counterparts in animal-assisted interventions. Written by leading scientists, it summarizes the scientific evidence available concerning the impacts on animals in these settings, including companion species, horses, marine mammals and other animals used in therapy. There has been a dramatic increase in the range of animal-assisted interventions used in medical and allied health environments in recent years, and the field is now entering an era with a greater interest in defining the underlying mechanisms of the human-animal bond as well as the therapeutic benefits of these interactions. Animal-assisted interventions, as with other uses of animals by humans, impose a unique set of stresses on the animals, which the community has only recently begun to acknowledge. For the field to continue to flourish, more evidence is needed to shed light on the implications for the animals and what guidelines need to be put into practice to ensure welfare. With the ultimate goal of improving the impact that we have on the animals under our care, the book provides a roadmap for researchers and clinicians as they attempt to safely and humanely incorporate various species of animals into therapeutic settings. The authors also offer instructions and suggestions for areas that need to be studied more robustly over the next decade to continue to ensure the safe and proper use of animals in therapy sessions. This is an informative, thought-provoking and instructive resource for practitioners and researchers in the field of medicine and clinical psychology using animal-assisted interventions, as well as for veterinarians and welfare scientists.

cancel banfield wellness plan: Animal Welfare Assessment: Volume 1 Edward Narayan, Alan J. Tilbrook, Alan G. McElligott, 2021-07-28

cancel banfield wellness plan: This is the Siamese Cat Marge Naples, 1978

cancel banfield wellness plan: Crossing the Quality Chasm Institute of Medicine, Committee on Quality of Health Care in America, 2001-07-19 Second in a series of publications from the Institute of Medicine's Quality of Health Care in America project Today's health care providers have more research findings and more technology available to them than ever before. Yet recent reports have raised serious doubts about the quality of health care in America. Crossing the Quality Chasm makes an urgent call for fundamental change to close the quality gap. This book recommends a sweeping redesign of the American health care system and provides overarching principles for specific direction for policymakers, health care leaders, clinicians, regulators, purchasers, and others. In this comprehensive volume the committee offers: A set of performance expectations for the 21st century health care system. A set of 10 new rules to guide patient-clinician relationships. A suggested organizing framework to better align the incentives inherent in payment and accountability with improvements in quality. Key steps to promote evidence-based practice and strengthen clinical information systems. Analyzing health care organizations as complex systems,

Crossing the Quality Chasm also documents the causes of the quality gap, identifies current practices that impede quality care, and explores how systems approaches can be used to implement change.

cancel banfield wellness plan: *The Health Benefits of Dog Walking for People and Pets* Rebecca Ann Johnson, Alan M. Beck, Sandra K. McCune, 2011 Obesity is a national epidemic in the United States. It is estimated that by 2018 the cost of treating weight-related illnesses will double to almost \$350 billion a year, while a 2010 report by the US Surgeon General estimates that two-thirds of American adults and almost one in three children are now overweight or obese. This volume originated in a special 2009 symposium funded in part by a grant from the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) and sponsorship from Mars WalthamA on how human-animal interaction may help fight obesity across the lifespan. The authors present scientific evidence about the benefits of dog walking for improving human and animal health, and case studies of programs that are using this powerful expression of the human-animal bond to combat obesity. The volume is especially valuable as a sourcebook of evidence-based studies for public health professionals treating overweight humans and veterinarians treating obese dogs.

cancel banfield wellness plan: *The Future of the Public's Health in the 21st Century* Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on Assuring the Health of the Public in the 21st Century, 2003-02-01 The anthrax incidents following the 9/11 terrorist attacks put the spotlight on the nation's public health agencies, placing it under an unprecedented scrutiny that added new dimensions to the complex issues considered in this report. The Future of the Public's Health in the 21st Century reaffirms the vision of Healthy People 2010, and outlines a systems approach to assuring the nation's health in practice, research, and policy. This approach focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a concerted, strategic way to promote and protect the public's health. Focusing on diverse partnerships as the framework for public health, the book discusses: The need for a shift from an individual to a population-based approach in practice, research, policy, and community engagement. The status of the governmental public health infrastructure and what needs to be improved, including its interface with the health care delivery system. The roles nongovernment actors, such as academia, business, local communities and the media can play in creating a healthy nation. Providing an accessible analysis, this book will be important to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists.

cancel banfield wellness plan: *Leadership in the Age of Personalization* Llopis, 2019-08-27 Society is more diverse than ever. People are more informed than ever. As employees and as consumers, people are aware of and proud of their individuality. They want to influence the workplace and the marketplace in their own way. Welcome to the age of personalization. Most leaders were trained in the age of standardization - an age when the business defined the individual, when bosses told people what to do inside the box they were given, when progress toward the company mission is what mattered and was measured, when it seemed necessary to protect functions and work within silos. Those methods don't work in the age of personalization, an age in which the individual defines the business. To thrive today, leaders must know how to elevate and activate individual capacities. Leaders must know how to measure and amplify individual impact. Leaders must value and seek interdependence across the enterprise. These are new skills for a new age. Corporate and leadership strategies were not designed to handle mass variance in people. The old way is not just ineffective, it is toxic to organizational culture. Leaders know it's time to evolve. They just don't know what they should be evolving to. We still need standardization, but the age of personalization is forcing us to rethink what those standards are so we can better lead our employees and serve our customers. Without this mindset, we can't reclaim sustainable, organic growth. This book shows leaders and organizations how to let go of the elements of standardization that hold back growth and evolve the rest to define new metrics for the standardization of me. This evolution is essential as personalization forces us to reinvent the ways we think, work and lead.

cancel banfield wellness plan: *Nephrology and Urology of Small Animals* Joe Bartges, David Polzin, 2011-01-20 *Nephrology and Urology of Small Animals* provides veterinarians with the knowledge needed to effectively diagnose and treat urologic diseases in canine, feline, and exotic patients. Serving as an easy-to-use, comprehensive clinical reference, the text takes an evidence-based approach to detailed coverage of specific diseases and disorders, including etiology and prevalence, clinical signs, diagnosis, treatment, prevention, prognosis, controversies, and references. Coverage also includes practical review of anatomy and physiology of the urinary system, fundamentals of diagnostic testing and therapeutic techniques.

cancel banfield wellness plan: *Going There* Katie Couric, 2021-10-26 This heartbreaking, hilarious, and brutally honest memoir shares the deeply personal life story of a girl next door and her transformation into a household name. For more than forty years, Katie Couric has been an iconic presence in the media world. In her brutally honest, hilarious, heartbreaking memoir, she reveals what was going on behind the scenes of her sometimes tumultuous personal and professional life - a story she's never shared, until now. Of the medium she loves, the one that made her a household name, she says, "Television can put you in a box; the flat-screen can flatten. On TV, you are larger than life but smaller, too. It is not the whole story, and it is not the whole me. This book is." Beginning in early childhood, Couric was inspired by her journalist father to pursue the career he loved but couldn't afford to stay in. Balancing her vivacious, outgoing personality with her desire to be taken seriously, she overcame every obstacle in her way: insecurity, an eating disorder, being typecast, sexism . . . challenges, and how she dealt with them, setting the tone for the rest of her career. Couric talks candidly about adjusting to sudden fame after her astonishing rise to co-anchor of the TODAY show, and guides us through the most momentous events and news stories of the era, to which she had a front-row seat: Rodney King, Anita Hill, Columbine, the death of Princess Diana, 9/11, the Iraq War . . . In every instance, she relentlessly pursued the facts, ruffling more than a few feathers along the way. She also recalls in vivid and sometimes lurid detail the intense pressure on female anchors to snag the latest "get"—often sensational tabloid stories like Jon Benet Ramsey, Tonya Harding, and OJ Simpson. Couric's position as one of the leading lights of her profession was shadowed by the shock and trauma of losing her husband to stage 4 colon cancer when he was just 42, leaving her a widow and single mom to two daughters, 6 and 2. The death of her sister Emily, just three years later, brought yet more trauma—and an unwavering commitment to cancer awareness and research, one of her proudest accomplishments. Couric is unsparing in the details of her historic move to the anchor chair at the CBS Evening News—a world rife with sexism and misogyny. Her "welcome" was even more hostile at 60 Minutes, an unrepentant boys club that engaged in outright hazing of even the most established women. In the wake of the MeToo movement, Couric shares her clear-eyed reckoning with gender inequality and predatory behavior in the workplace, and downfall of Matt Lauer—a colleague she had trusted and respected for more than a decade. Couric also talks about the challenge of finding love again, with all the hilarity, false-starts, and drama that search entailed, before finding her midlife Mr. Right. Something she has never discussed publicly—why her second marriage almost didn't happen. If you thought you knew Katie Couric, think again. *Going There* is the fast-paced, emotional, riveting story of a thoroughly modern woman, whose journey took her from humble origins to superstardom. In these pages, you will find a friend, a confidante, a role model, a survivor whose lessons about life will enrich your own.

cancel banfield wellness plan: *The Prevention of Eating Problems and Eating Disorders* Michael P. Levine, Linda Smolak, 2006-04-21 This is the first authored volume to offer a detailed, integrated analysis of the field of eating problems and disorders with theory, research, and practical experience from community and developmental psychology, public health, psychiatry, and dietetics. The book highlights connections between the prevention of eating problems and disorders and theory and research in the areas of prevention and health promotion; theoretical models of risk development and prevention (e.g., developmental psychopathology, social cognitive theory, feminist theory, ecological approaches); and related research on the prevention of smoking and alcohol use.

It is the most comprehensive book available on the study of prevention programs, especially for children and adolescents. The authors review the spectrum of eating problems and disorders, the related risk and protective factors, the models that have guided prevention efforts to date, the literature on the studies of prevention, and suggestions for curriculum and program development and evaluation. The book concludes with a new prevention program based on the Feminist Ecological Developmental model. The 800 + references highlight work done around the world. The Prevention of Eating Problems and Eating Disorders addresses: * methodologies for assessing and establishing prevention; * the implications of neuroscience for prevention; * dramatic increases in the incidence of obesity; * the role of boys, men, and the media on body image; * prevention programming for minority groups; and * whether to focus on primary or secondary prevention. Intended for clinicians and academicians from disciplines such as health, clinical, developmental, and community psychology; social work; medicine; and public health; this book is also an ideal text for advanced courses on eating disorders.

cancel banfield wellness plan: Cooking for a Fast Metabolism Haylie Pomroy, Eve Adamson, 2020 A metabolism-boosting cookbook from Haylie Pomroy, the #1 New York Times best-selling author of The Fast Metabolism Diet--

cancel banfield wellness plan: Market Structure of the Health Insurance Industry D. Andrew Austin, 2010-04

cancel banfield wellness plan: Cat Fancy , 2010-04

cancel banfield wellness plan: The Other End of the Leash Patricia McConnell, Ph.D., 2009-02-19 Learn to communicate with your dog—using their language “Good reading for dog lovers and an immensely useful manual for dog owners.”—The Washington Post An Applied Animal Behaviorist and dog trainer with more than twenty years’ experience, Dr. Patricia McConnell reveals a revolutionary new perspective on our relationship with dogs—sharing insights on how “man’s best friend” might interpret our behavior, as well as essential advice on how to interact with our four-legged friends in ways that bring out the best in them. After all, humans and dogs are two entirely different species, each shaped by its individual evolutionary heritage. Quite simply, humans are primates and dogs are canids (as are wolves, coyotes, and foxes). Since we each speak a different native tongue, a lot gets lost in the translation. This marvelous guide demonstrates how even the slightest changes in our voices and in the ways we stand can help dogs understand what we want. Inside you will discover: • How you can get your dog to come when called by acting less like a primate and more like a dog • Why the advice to “get dominance” over your dog can cause problems • Why “rough and tumble primate play” can lead to trouble—and how to play with your dog in ways that are fun and keep him out of mischief • How dogs and humans share personality types—and why most dogs want to live with benevolent leaders rather than “alpha wanna-bes!” Fascinating, insightful, and compelling, *The Other End of the Leash* is a book that strives to help you connect with your dog in a completely new way—so as to enrich that most rewarding of relationships.

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cancel banfield wellness plan: Veterinary Disaster Response Wayne E. Wingfield, Sally B. Palmer, 2009-04-14 *Veterinary Disaster Response* is the essential guide to disaster training, preparation, planning, and recovery. The book takes a question-and-answer format to promote understanding and outline the steps for veterinary response to natural and man-made disasters. *Veterinary Disaster Response* is a must-have reference for anyone involved in disaster medicine, including veterinarians, veterinary technicians, veterinary students, animal control and shelter personnel, search and rescue personnel, and emergency response teams.

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stories from his decades long clinical practice to shed some light on this national tragedy. The stigma attached to mental illness in doctors is ubiquitous and pernicious - and, because untreated illness is one of the major drivers to suicide, Dr. Myers argues that stigma must be fought with urgency and might. He makes across-the-board recommendations in an effort to prevent suicide in physicians and concludes that everyone has a role to play in saving a doctor's life. This is a book about heartbreak, loss, prevailing, growth, passion and hope. It's a book for doctors themselves, their families, those who train them, those who treat them and those who care about them.

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