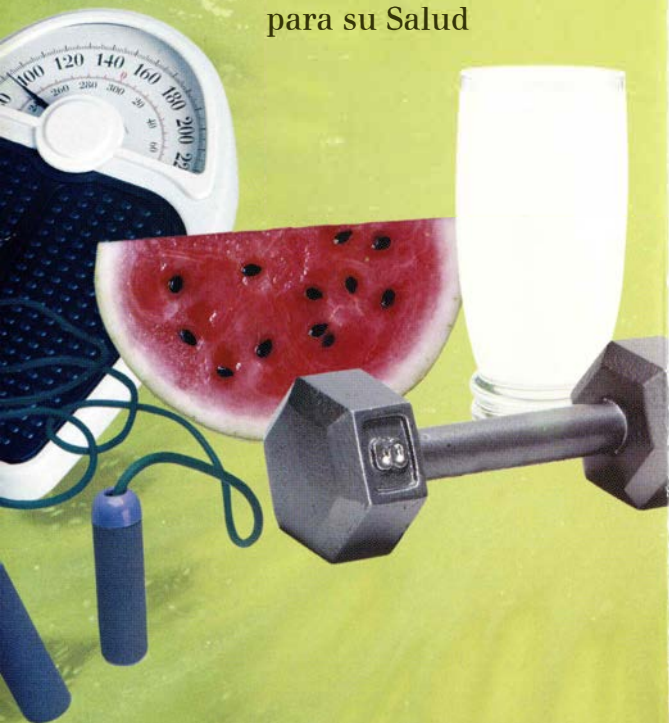




# HEALTH EDUCATION

## Resource Guide

Guía de Recursos  
para su Salud



Provided to you by



**BlueCross BlueShield  
of Florida**

An Independent Licensee of the  
Blue Cross and Blue Shield Association

## ASTHMA /ALLERGIES

[www.aaaai.org](http://www.aaaai.org)

Educational information on allergies and asthma.

[www.aafa.org](http://www.aafa.org)

Asthma and Allergy Foundation of America. Educational information and a link to materials for National Asthma and Allergy.

## DIABETES

[www.ndep.nih.gov](http://www.ndep.nih.gov)

Information about preventing Type 2 diabetes including order form for free educational handouts or call 1-800-438-5383 to order material.

[www.doh.state.fl.us/Family/DCP/default.html](http://www.doh.state.fl.us/Family/DCP/default.html)

Information and free materials from the State of Florida Diabetes Prevention and Control Program.

[www.diabetes.org](http://www.diabetes.org)

American Diabetes Association - Educational information on all aspects of diabetes treatment and care.

[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

Educational information, resources and support for raising a child with diabetes.

## FITNESS & WEIGHT MANAGEMENT

[www.globalfit.com](http://www.globalfit.com)

Provides our members with discounts on weight loss programs and discounts on gym memberships.

[www.americaonthemove.org](http://www.americaonthemove.org)

Helpful tools and information to start a walking program.

[www.acefitness.com](http://www.acefitness.com)

American Council on Exercise - Health and fitness tips, nutritional information, research and studies. Gives access to database to find an ACE certified personal trainer in your city or town.

[www.presidentschallenge.org](http://www.presidentschallenge.org)

Information and tools to help all ages get started on a fit lifestyle.

## GENERAL HEALTH



[www.bcbsfl.com](http://www.bcbsfl.com)

Click on Health & Wellness.

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Free information on many health-related topics including heart disease, hypertension, high cholesterol, obesity and physical activity.

[www.healthfinder.gov](http://www.healthfinder.gov)

Guide to prevention and wellness including the National Health Observance Calendar.

[www.healthierUS.gov](http://www.healthierUS.gov)

A national effort to improve people's lives, prevent and reduce the cost of disease, and promote community health and wellness.

## RECURSOS PARA SU SALUD/INFORMACIÓN EN ESPAÑOL

[www.4woman.gov/espanol](http://www.4woman.gov/espanol)

Salud de la Mujer

[www.cdc.gov/spanish/](http://www.cdc.gov/spanish/)

Centro Para el Control y la Prevención de Enfermedades.

[www.medlineplus.gov/esp/](http://www.medlineplus.gov/esp/)

Recursos para su Salud.

[www.healthfinder.gov/espanol/](http://www.healthfinder.gov/espanol/)

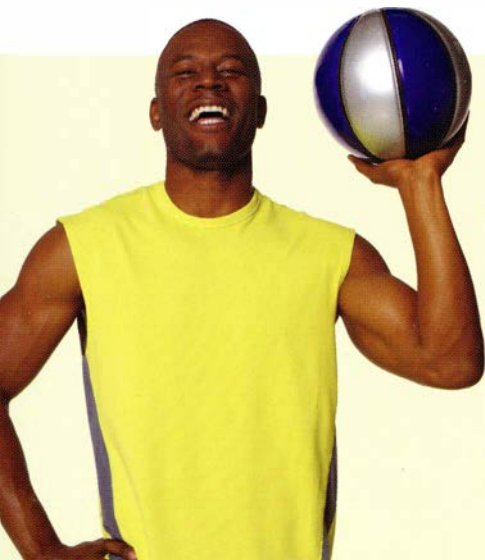
Un Servicio del Centro Nacional de Información de la Salud, Departamento de Salud y Servicios Humanos de los Estados Unidos.

[www.salud.nih.gov/](http://www.salud.nih.gov/)

Institutos Nacionales de la Salud.

[www.mypyramid.gov/sp-index.html](http://www.mypyramid.gov/sp-index.html)

Información sobre la nueva pirámide nutricional.





[www.webmd.com](http://www.webmd.com)

Educational information on healthy living, and numerous diseases and conditions. Also includes free newsletters.

[www.1on1health.com](http://www.1on1health.com)

Educational information, tools and activities to better manage your health and medical conditions.

[www.aap.org](http://www.aap.org)

Educational information on health and wellness of children.

[www.cancer.org](http://www.cancer.org)

Information on cancer, prevention, and treatment options. Also includes services that are available and upcoming local events.

[www.sparkpeople.com](http://www.sparkpeople.com)

Variety of health information specifically focusing on nutrition, exercise, goal setting and diseases.

[www.healthatoz.com](http://www.healthatoz.com)

Locate information on disease, wellness and health "headlines".

[www.cdc.gov](http://www.cdc.gov)

Educational information on variety of health topics including diseases, immunization, and work place safety.

[www.healthtalk.com](http://www.healthtalk.com)

Educational information, free newsletters on numerous health topics.

[www.about.com/health](http://www.about.com/health)

Information about multiple health topics, including fitness, stress management, etc.; sign -up for free newsletters.

[www.healthypeople.gov](http://www.healthypeople.gov)

Includes "Steps to a Healthier US," "Dietary Guidelines for Americans," and the "Healthy People 2010" program and publications.

[www.keepkidshealthy.com](http://www.keepkidshealthy.com)

Educational information for parents regarding Nutrition, Immunizations, Safety, and First Aid for children. Includes useful tools, and on-line resources such as growth charts, BMI calculator, and vaccine schedules.



## HEART HEALTH

[www.americanheart.org](http://www.americanheart.org)

Educational information, tools and programs related to heart disease and stroke. Free cookbook after completing on-line "Learn and Live Quiz".

[www.strokeassociation.org](http://www.strokeassociation.org)

Educational information on reducing risks for stroke, recognizing warning signs of stroke, and actions to take if you notice any of the signs.

## LIFESTYLE MANAGEMENT

[www.mindtools.com](http://www.mindtools.com)

Free downloadable materials on time management, stress management, communication skills, problem solving techniques, etc. Also includes access to free mind tools newsletter.

[www.bcbsfl.com](http://www.bcbsfl.com)

Click on Health & Wellness then go to the Dialog Center® and sign in. Look for the Healthy Living tab for a choice of online modules that will help you feel better each day.

## LOCAL RESOURCES FOR EDUCATION OR SPEAKERS

[www.doh.state.fl.us/Family/CDHPE/](http://www.doh.state.fl.us/Family/CDHPE/)

The Step Up, Florida! Healthy Communities Program provides funding to all 67 Florida County Health Departments to develop and implement cardiovascular prevention programs addressing at least five Healthy People 2010 objectives. Each of the County Health Departments has mobilized community resources and partnership to maximize its efforts.

[www.solutionsforyourlife.ufl.edu/map/](http://www.solutionsforyourlife.ufl.edu/map/)

The UF/IFAS Florida Cooperative Extension serves each of the state's 67 counties by providing information and conducting educational programs. The Family and Consumers Science's agents provide education on nutrition, food safety, and Diabetes.

[www.fha.org/hospdir.html](http://www.fha.org/hospdir.html)

The Florida Hospital Association provides a lookup to search for hospitals in your area. Hospitals are a good resource for health education speakers on topics such as: diabetes, heart disease, nutrition, and physical activity.





## MEN'S HEALTH

[www.pcacoalition.org](http://www.pcacoalition.org)

Information, free flyers and handouts on prostate cancer.

## NUTRITION



[www.bcbsfl.com](http://www.bcbsfl.com)

An online tool for making healthier meal choices is available via Health Media®. Click on Health & Wellness and then the Dialog Center®. Log in and then click the Healthy Living tab to begin.

[www.foodandhealth.com](http://www.foodandhealth.com)

Information on healthy eating including free handouts and recipes. Low-cost monthly newsletter also available.

[www.5aday.org](http://www.5aday.org)

Information on adding more fruits and vegetables to your diet.



[www.foodfit.com](http://www.foodfit.com)

Healthy cooking and nutrition information including recipes.

[www.mypyramid.gov](http://www.mypyramid.gov)

Information and free handouts on new Food Guide Pyramid.

[www.eatright.org](http://www.eatright.org)

Free handouts on nutrition from the American Dietetic Association.

[www.my-calorie-counter.com](http://www.my-calorie-counter.com)

Free resource that tracks food, water, activity and weight and provides calorie and nutrient information and expenditure.

[www.TheDailyPlate.com](http://www.TheDailyPlate.com)


Free resource that provides nutritional facts about common food choices (including fast food restaurant options), healthy meal suggestions, as well as tracking body measurements and calorie expenditure on traditional and non-traditional activities.

[www.everydayeating.com](http://www.everydayeating.com)

Free membership to monthly newsletters, coupons, articles, tools, and recipes for people with diabetes.

[www.win.niddk.nih.gov/publications.index.htm](http://www.win.niddk.nih.gov/publications/index.htm)

Check out the National Institute of Health's website where they offer guidelines and resources for selecting effective weight-loss programs, fad diets, etc.



## SMOKING CESSATION



[www.globalfit.com](http://www.globalfit.com)

Free smoking cessation program to help you quit and stick to it.

[www.healthyroads.com](http://www.healthyroads.com)

Join a smoking cessation club for just a few dollars a month and nicotine replacement products are also available.

[www.lungusa.org](http://www.lungusa.org)

American Lung Associations Freedom from Smoking program, which is a no cost on-line smoking cessation program. Telephonic program also available – 1-877-U-Can-Now.

[www.smokefree.gov](http://www.smokefree.gov)

Smoking cessation program with access to free printed materials.

[www.philipmorrisusa.com](http://www.philipmorrisusa.com)

Information on smoking cessation. Free handouts and brochures on "Raising Kids Who Don't Smoke." Help and Resources includes "quitting" websites, guides, telephone quit lines, quitting programs and more. Also includes a free "QuitAssist Guide," either downloadable or by mail.

[www.tobaccofreekids.org](http://www.tobaccofreekids.org)

Campaign for tobacco free kids.

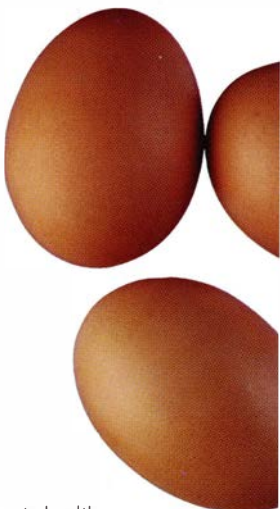
## WOMEN'S HEALTH

[www.swh.net](http://www.swh.net)

"Speaking of Women's Health" – access to health information for women.

[www.hearttruth.gov](http://www.hearttruth.gov)

The National Awareness Campaign for Women about Heart Disease. Includes information about lowering your heart disease risk, menopausal hormonal therapy, and The Heart Truth Online Toolkit, which contains all of the information, ideas, and materials you will need to plan your own Heart Truth campaign.



*[www.bcbsfl.com](http://www.bcbsfl.com)*



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