

Wellness Resources and Web Sites

Resource	Featured Topics
Agency for Healthcare Research and Quality (800) 358-9295 ahrqpubs@ahrq.hhs.gov www.ahrq.gov	Consumer versions of clinical practice guidelines and health care tips: choosing quality health care, preventing medical errors, prescriptions.
America on the Move (800) 807-0077 http://aom.americaonthemove.gov	Fun, simple ways to become more active and eat more healthy. Goal, logging, and tracking tools available.
American Cancer Society (800) ACS-2345 (227-2345) www.cancer.org	Cancer, prevention, early detection, treatment options.
American Diabetes Association (800) DIABETES (342-2383) tribute@diabetes.org www.diabetes.org	Diabetes, prevention, nutrition, recipes, weight loss, exercise, resources, events.
American Dietetic Association (800) 877-1600 www.eatright.org	Find a nutrition professional and consumer guidelines.
American Heart Association (800) AHA-USA1 (242-8721) www.americanheart.org/go.heart.org	Heart disease, prevention, stroke warning signs, diet, nutrition, exercise, health tools.
American Institute for Cancer Research (800) 843-8114 www.aicr.org	Offers many free brochures, online recipes, and regional seminars that support the latest cancer research findings.
American Lung Association (800) LUNG-USA (586-4872) www.lungusa.org	Asthma, lung cancer, lung disease, treatment options, Web-based “Freedom from Smoking” program.



American Red Cross
(800) HELP-NOW (435-7669)
www.redcross.org

Health and safety tips, HIV/AIDS facts, training courses for first aid, CPR, swimming, life guarding, babysitting, and care giving.

Asthma and Allergy Foundation of America
(800) 7-ASTHMA (727-8462)
info@aafa.org
www.aafa.org

Asthma, allergy, education programs.

CVS Caremark
(800) 378-9442
www.caremark.com

Online medical guide with information on medical conditions, fitness, nutrition, and men's and women's health. Features a section with "cool tools" including health quizzes and calculators to determine body mass index, daily caloric need, and exercise heart rate.

Centers for Disease Control and Prevention
(800) CDC-INFO (232-4636)
www.cdc.gov

Health promotion, workplace safety and health, diseases and conditions.

Healthfinder
healthfinder@nhic.org
www.healthfinder.gov

Prevention and wellness, diseases and conditions, alternative medicine, national health observances, health Web site list, health care delivery.

Health & Human Services
(US Department of Health & Human Services)
(877) 696-6775
www.hhs.gov

Safety and wellness, diseases and conditions, specific populations.

Herbal Safety
(University of Texas)
(915) 747-8519
herbalsafety@utep.edu
www.herbalsafety.utep.edu

Research findings related to herbal use and safety of herbal products.
(English and Spanish)

National Cancer Institute
(800) 4-CANCER (422-6237)
cancergovstaff@mail.nih.gov
www.cancer.gov

Cancer, prevention, treatment, screening, tobacco cessation.

National Fruit and Vegetable Program
(800) 311-3435
www.fruitsandveggiesmatter.gov

Benefits of eating fruits and vegetables, fruit and vegetable of the month, recipes, and preparation tips. Formerly known as the 5 A Day program.



<p>National Heart, Lung, and Blood Institute (301) 592-8573 nhlbiinfo@nhlbi.nih.gov www.nhlbi.nih.gov</p>	<p>Providing information for patients and the public that includes health education campaigns, health assessments, and educational tutorials. Healthy recipe information is available including the free downloadable cookbook, <i>Keep the Beat: Heart Healthy Recipes</i>.</p>
<p>National Institutes of Health (301) 496-4000 nihinfo@od.nih.gov www.nih.gov</p>	<p>A–Z index of health resources, health hotlines, MEDLINEplus, prescription drugs.</p>
<p>National Library of Medicine (888) FIND-NLM (346-3656) www.nlm.nih.gov</p>	<p>MEDLINE/PubMed, MEDLINEplus, library services: catalog, databases.</p>
<p>National Wellness Institute, Inc. (800) 243-8694 nwi@nationalwellness.org www.nationalwellness.org</p>	<p>Health observances calendar, goal achievement worksheet, online wellness inventory, other resources available with membership.</p>
<p>Shape Up America! (240) 631-6533 info@shapeup.org www.shapeup.org</p>	<p>Fitness and weight loss programs, body fat measurement tools.</p>
<p>Stress Stop (800) 367-1604 info@stresstop.com www.stresstop.com</p>	<p>This online store sells resources for stress management including the Stress Profiler, books, DVDs, articles, and stress dots. Also, you can register to get a free sample copy of the Stress Profiler.</p>
<p>The National Women's Health Information Center (800) 994-9662 www.4woman.gov</p>	<p>Women's health (available in various languages), body image, violence, prevention, mental health, women's health events.</p>
<p>The President's Challenge (800) 258-8146 preschal@indiana.edu www.presidentschallenge.org</p>	<p>The President's Challenge is a program that encourages Americans to make being active a part of their every day lives. Information includes free group or individual activity program, award certificates, activity logs, and tips.</p>



The Wellness Councils of America (WELCOA)
(402) 827-3590
wellworkplace@wealcoa.org
www.welcoa.org

Free wellness resources such as PowerPoint presentations, monthly events, interviews, and reports.

The Wisconsin Governor's Challenge
(800) 258-8146
www.wisconsinchallenge.org

The Wisconsin Governor's Challenge, working together with the President's Challenge, is a program focused on helping make Wisconsin residents healthier. Refer to the President's Challenge for more information.

Tobacco Control Resource Center for Wisconsin
(800) 248-9244
tcrcw@tobhwis.org
www.tobwis.org

Lending library, free educational materials regarding tobacco use.

WholeHealth Network
(800) 274-7526
<http://weatrust.wholehealthmd.com>

Locate complementary and alternative medicine (CAM) practitioners (massage therapists, acupuncturist, etc.) who participate in the WEA Trust's CAM discount network, reference library on alternative therapies, healthy recipes, and more.

Wisconsin Beef Council
(608) 833-7177
www.beeftips.com

Source for recipes, nutritional information, and more. No-cost nutritional seminars for adults and children with groups of 20 or more.

Wisconsin Department of Health Services
(608) 266-1865
webmaster@dhfs.state.wi.us
<http://dhs.wisconsin.gov>

Nutrition and physical activity program links that include: Nutrition and Physical Activity Coalition Web site, The Worksite Wellness Resource Kit, and Nutrition and Physical Activity Inventory.

Wisconsin Tobacco Quit Line
(800) QUIT-NOW (784-8669)
www.WiQuitLine.org

Counselors with the quit line help you develop personal strategies that will help you quit tobacco.

Wisconsin Women's Health Foundation Every Woman's Journaling Workshop
(800) 898-8818
www.wwhf.org or e-mail kolehoub@coredcs.com

Free two-hour workshop led by a trained volunteer who guides participants through proactive health journaling techniques.

