

ASTHMA /ALLERGIES

www.acaai.org

American College of Allergy, Asthma and Immunology. Educational information on allergies and asthma.

www.aafa.org

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



DIABETES

www.ndep.nih.gov

National Diabetes Education Program. 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

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

www.diabetes.org

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

www.childrenwithdiabetes.com

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

FITNESS & WEIGHT MANAGEMENT

www.bcbsfl.com

Log in to MyBlueService and access the Living Healthy tab. Check out our WebMD Lifestyle Improvement Programs for Weight Management and Exercise.

www.acsm.org

American College of Sports Medicine. Health and fitness tips, nutritional information, research and studies.

www.americaonthemove.org

Helpful tools and information to start a walking program.

www.acefitness.org

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

Information and tools to help all ages increase their physical activity and improve their fitness.

GENERAL HEALTH

www.bcbsfl.com Click on Health and Wellness.

www.nhlbi.nih.gov

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

www.healthfinder.gov

U.S. Department of Health and Human Services. Guide to prevention and wellness including the National Health Observance Calendar.



RECURSOS PARA SU SALUD/INFORMACIÓN EN ESPAÑOL

www.4woman.gov/espanol

Salud de la Mujer.

www.cdc.gov/spanish/

Centro Para el Control y la Prevención de Enfermedades.

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/

Institutos Nacionales de la Salud.

www.choosemyplate.gov/sp-index.html

Información sobre la nueva pirámide nutricional.

www.floridasaludable.com

Información sobre planes de seguro y artículos sobre temas de salud.