

Health and Wellness Links

Health Topics

MedlinePlus <http://medlineplus.gov>
Family Doctor <http://familydoctor.org/online/famdocen/home.html>
Center for Disease Control <http://www.cdc.gov/HealthyLiving>

Access to Care

Tricare <http://www.tricareonline.com>
Tricare HealthNet <http://www.hnfs.net>

Tobacco Cessation

American Lung Association <http://www.lungusa.org>
Center for Disease Control <http://www.cdc.gov/tobacco>
Smoke Free Gov <http://www.smokefree.gov>
U Can Quit 2 <http://www.ucanquit2.org>
American Cancer Society <http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index>

Alcohol Abuse

National Institute on Alcohol Abuse <http://www.niaaa.nih.gov>
That Guy <http://www.thatguy.com>

Nutrition

Choose My Plate <http://www.choosemyplate.gov>
Weight-control Information Network <http://win.niddk.nih.gov>
Nutrition.gov <http://www.nutrition.gov>

Exercise & Fitness

Center for Disease Control <http://www.cdc.gov/nccdphp/dnpa/physical/everyone/>
Navy Fitness <http://www.navyfitness.org/fitness/noffs>
Presidents Fitness Challenge <http://www.presidentschallenge.org>
Crews Into Shape http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Crews_Into_Shape/crews_info.aspx

Mental Health

National Mental Health Association <http://www.nmha.org>
Suicide Prevention <http://suicidepreventionlifeline.org>
Navy http://www.public.navy.mil/bupers-npc/support/suicide_prevention/Pages/default.aspx
Marine Corps <http://www.usmc-mccs.org>

Heart Health

American Heart Association <http://www.americanheart.org>
National Institute of Health <http://www.nhlbi.nih.gov/health/public/heart>

Diabetes Management

American Diabetes Association <http://www.diabetes.org>

Asthma Management

WebMD <http://www.webmd.com/asthma>
American Lung Association <http://www.lungusa.org>
Center for Disease Control <http://www.cdc.gov/asthma>

Men's Health

Center for Disease Control <http://www.cdc.gov/men>

Women's Health

Center for Disease Control <http://www.cdc.gov/women>

Immunizations

Center for Disease Control

<http://www.cdc.gov/vaccines>

Disaster Preparedness

FEMA

<http://www.ready.gov>

Domestic Violence

National Institute of Health

<http://www.nlm.nih.gov/medlineplus/domesticviolence.html>

Senior Health

National Institute of Health

<http://nihseniorhealth.gov>

Workplace Safety

Center for Disease Control

<http://www.cdc.gov/workplace>

Dental Health

American Dental Association

<http://www.ada.org>

Drug Abuse Awareness

Drug Abuse.gov

<http://drugabuse.gov/nidahome.html>

Navy Marine Corps Public Health Center

NMCPHC

http://www.nmcphe.med.navy.mil/Healthy_Living