

HELPFUL Health Education Resources



www.
mypyramid.gov

Learn about different food groups, figure out how many calories you should be eating, analyze your diet, and get a personalized eating plan.



www.
smallstep.gov

There are many ways to take small steps toward a better health. This site provides over 100 simple tips to take toward a health lifestyle for you and your family.



www.
nhlbi.nih.gov

The National Heart, Lung and Blood Institute provides information on specific diseases. Use the site to learn ways to lower your cholesterol and blood pressure, and more.



www.
smokingstopshere.com

Learn about Maryland's FREE telephonic smoking cessation program, as well as the four steps to quit smoking.



www.
startwalkingnow.org

A movement from the American Heart Association, this site gives you information on the benefits of walking and walking maps, lets you connect with others, and more.



www.
diabetes.org

The American Diabetes Association will educate you on all aspects of diabetes including symptoms, the different types, prevention, and in-depth fitness and food tips.

Have questions? Call 1-800-957-9760



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MEDICINE

US FAMILY HEALTH PLAN