

# *Health Care Resource Guide*



**MASSACHUSETTS HEALTH COUNCIL, INC.**

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The Massachusetts Health Council's Health Resource Guide is a comprehensive compilation of the available Internet accessible information for disease management and control.

This guide was created as part of our agenda to promote prevention and wellness and is designed so consumers, providers, workplaces and state health agencies will have available, in one location, the web site links that provide information on controlling and managing chronic illness and other diseases. It allows access to high quality, credible information on a variety of health related issues.

Organizations providing links to their disease control and prevention information that are members of the MHC are noted with an \* after their name. We thank them for their contributions to this Guide which will be updated annually.

If you have a link to consumer friendly disease control and prevention information and would like to have it included in the next Resource Guide update, e-mail the information to [mhcpolicy@aol.com](mailto:mhcpolicy@aol.com) and it will be reviewed for inclusion in the next edition.

**Program Resources****Astellas Pharma US****Commonwealth of Massachusetts:  
Guide to Long-Term Care Services****Family Caregiver Alliance****LeadingAge MA****Massachusetts Executive Office of Elder Affairs****Massachusetts Elder Services****Massachusetts Resources****Massachusetts Senior Care Association****MIT—The Family Caregiver Handbook****RAND Center for the Study of Aging****US Dept. of Housing and Urban Development:  
Housing Resources for Seniors****Websites** (click on links)<http://www.vesicare.com/savings-and-resources/helpful-sites><http://www.mass.gov/ocabr/consumer/insurance/health-insurance/consumer-guides/long-term-care-guide/>[http://caregiver.org/caregiver/jsp/fcn\\_content\\_node.jsp?nodeid=2123](http://caregiver.org/caregiver/jsp/fcn_content_node.jsp?nodeid=2123)<http://www.leadingagemma.org/i4a/pages/index.cfm?pageid=3649><http://www.mass.gov/elders><http://www.eap.partners.org/Worklife/ElderCare/Resources/MassachusettsAgingServiceAccessPoints.asp><http://www.massresources.org/senior-faqs.html><http://www.maseniorcare.org/Community/Resources.asp><http://web.mit.edu/workplacecenter/hndbk/><http://www.rand.org/labor/aging/resources.html><http://www.hud.gov/local/ma/homeownership/seniors.cfm>

\* MHC Member



## Program Resources

**Alanon/Alateen**

**Alcoholics Anonymous**

**Alcohol Abuse Info**

**Atrius health**

**Boston Public Health Commission\***

**Caron Comprehensive Addiction Treatment**

**Harvard Medical School\***

**Mass. Dept. of Public Health\***

**Merck & Co.\***

**National Institute of Alcohol Abuse and Alcoholism**

**Northeastern University\***

**Partners for Recovery**

**QuitAlcohol.com**

**WebMD**

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## Websites (click on links)

<http://www.healthwise.net/atrushealth/Content/StdDocument.aspx?DOCHWID=tj2649>

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

<http://www.alcohol-abuse-info.com/>

<http://www.healthwise.net/atrushealth/Content/StdDocument.aspx?DOCHWID=tj2649>

<http://www.bphc.org/programs/aptrss/Pages/Home.aspx>

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

<http://www.health.harvard.edu/topic/substance-abuse>

<http://www.mass.gov/eohhs/gov/departments/dph/programs/substance-abuse/>

[http://www.merckmanuals.com/home/special\\_subjects/drug\\_use\\_and\\_abuse/alcohol.html](http://www.merckmanuals.com/home/special_subjects/drug_use_and_abuse/alcohol.html)

<http://pubs.niaaa.nih.gov/publications/arh293/208-212.pdf>

<http://www.northeastern.edu/open/pdfs/Brochure.pdf>

<http://www.pfr.samhsa.gov/resources.html#workforce>

<http://www.quitalcohol.com/dangers-of-drinking-and-driving.html>

<http://www.webmd.com/mental-health/alcohol-abuse/default.htm>

## Program Resources

### AARP

### American Heart Association\*

### Atrius Health (Heart & Circulation)\*

### Boston Public Health Commission\*

### Cardiovascular Disease Foundation

### Centers for Disease Control and Prevention

### Harvard Medical School\*

### Merck & Co.\*

### Sanofi-Aventis\*

### U.S. National Library of Medicine

### World Health Organization (Workplace Wellness)

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## Websites (click on links)

<http://healthtools.aarp.org/learning-center/heart-disease>

[http://www.heart.org/HEARTORG/Conditions/Cholesterol/Cholesterol\\_UCM\\_001089\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/Cholesterol/Cholesterol_UCM_001089_SubHomePage.jsp)

[http://www.heart.org/HEARTORG/Conditions/HeartAttack/Heart-Attack\\_UCM\\_001092\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/HeartAttack/Heart-Attack_UCM_001092_SubHomePage.jsp)

[http://www.heart.org/HEARTORG/Conditions/HeartFailure/Heart-Failure\\_UCM\\_002019\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/HeartFailure/Heart-Failure_UCM_002019_SubHomePage.jsp)

[http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure\\_UCM\\_002020\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure_UCM_002020_SubHomePage.jsp)

<http://mylifecheck.heart.org/>

<http://www.healthwise.net/atriushealth/Find/Category.aspx?CAT=Heart%20and%20Circulation&CATID=cat1021>

<http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&ColumnDisplayName=Health%20Topics&Value=Cardiovas>

<http://www.cvdf.org/programs.aspx>

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

<http://www.health.harvard.edu/category/heart-and-circulatory-health>

<http://www.health.harvard.edu/category/heart-and-circulatory-health/high-blood-pressure>

<http://www.merckengage.com>

[http://www.merckmanuals.com/home/heart\\_and\\_blood\\_vessel\\_disorders.html](http://www.merckmanuals.com/home/heart_and_blood_vessel_disorders.html)

[http://www.merckmanuals.com/home/hormonal\\_and\\_metabolic\\_disorders/cholesterol\\_disorders/overview\\_of\\_cholesterol\\_and\\_lipid\\_disorders.html](http://www.merckmanuals.com/home/hormonal_and_metabolic_disorders/cholesterol_disorders/overview_of_cholesterol_and_lipid_disorders.html)

[http://www.merckmanuals.com/home/brain\\_spinal\\_cord\\_and\\_nerve\\_disorders/stroke\\_cva/overview\\_of\\_stroke.html](http://www.merckmanuals.com/home/brain_spinal_cord_and_nerve_disorders/stroke_cva/overview_of_stroke.html)

<http://www.padfacts.com/>

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

[http://www.who.int/cardiovascular\\_diseases/en/](http://www.who.int/cardiovascular_diseases/en/)

**Program Resources****Websites** (click on links)

<b>AARP*</b>	<a href="http://healthtools.aarp.org/learning-center/cancer">http://healthtools.aarp.org/learning-center/cancer</a>
<b>ABCD After Breast Cancer Diagnosis</b>	<a href="http://www.abcdbreastcancersupport.org/">http://www.abcdbreastcancersupport.org/</a>
<b>American Cancer Society*</b>	<a href="http://www.cancer.org/Cancer/index">http://www.cancer.org/Cancer/index</a>
<b>American Cancer Society</b>	<a href="http://www.cancer.org">www.cancer.org</a>
<b>Astrazeneca (Breast Cancer)</b>	<a href="http://www.getbcfacts.com">www.getbcfacts.com</a>
<b>Atrius Health*</b>	<a href="http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1006&amp;SECHWID=uz2189">http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1006&amp;SECHWID=uz2189</a>
<b>Avon Walk for Breast Cancer</b>	<a href="http://www.avonwalk.org/">http://www.avonwalk.org/</a>
<b>Boston Public Health Commission*</b>	<a href="http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5Fx0020%5FTopics&amp;ColumnDisplayName=Health%20Topics&amp;Value=Breast%20Cancer">http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5Fx0020%5FTopics&amp;ColumnDisplayName=Health%20Topics&amp;Value=Breast%20Cancer</a>
<b>Breast Cancer Network of Strength</b>	<a href="http://www.networkofstrength.org">http://www.networkofstrength.org</a>
<b>Cancer Care</b>	<a href="http://www.cancercare.org">www.cancercare.org</a>
<b>Cancer-free</b>	<a href="http://www.cancer-free.com/">http://www.cancer-free.com/</a>
<b>Genentech (Breast Cancer)*</b>	<a href="http://www.gene.com/gene/products/education/oncology/breastcancerfact.html">http://www.gene.com/gene/products/education/oncology/breastcancerfact.html</a>
<b>Genentech (Colorectal Cancer)*</b>	<a href="http://www.gene.com/gene/products/education/oncology/colorectalcancerfact.html">http://www.gene.com/gene/products/education/oncology/colorectalcancerfact.html</a>
<b>Genentech (Pancreatic Cancer)*</b>	<a href="http://www.gene.com/gene/products/education/oncology/pancreaticcancerfact.html">http://www.gene.com/gene/products/education/oncology/pancreaticcancerfact.html</a>
<b>GlaxoSmithKline*</b>	<a href="http://us.gsk.com/html/healthcare/healthcare-cancer.html">http://us.gsk.com/html/healthcare/healthcare-cancer.html</a>
<b>Harvard Medical School*</b>	<a href="http://www.health.harvard.edu/category/heart-and-circulatory-health/cholesterol">http://www.health.harvard.edu/category/heart-and-circulatory-health/cholesterol</a> <a href="http://www.health.harvard.edu/category/heart-and-circulatory-health/cancer">http://www.health.harvard.edu/category/heart-and-circulatory-health/cancer</a>
<b>Living Beyond Breast Cancer</b>	<a href="http://www.lbbc.org/">http://www.lbbc.org/</a>
<b>Melanoma Foundation of New England</b>	<a href="http://www.mfne.org">www.mfne.org</a>
<b>Merck &amp; Co.*</b>	<a href="http://www.merckmanuals.com/home/cancer.html">http://www.merckmanuals.com/home/cancer.html</a> <a href="http://www.merckmanuals.com/home/womens_health_issues/cancers_of_the_female_reproductive_system/overview_of_female_reproductive_system_cancers.html">http://www.merckmanuals.com/home/womens_health_issues/cancers_of_the_female_reproductive_system/overview_of_female_reproductive_system_cancers.html</a> <a href="http://www.merckmanuals.com/home/blood_disorders/leukemias/overview_of_leukemia.html">http://www.merckmanuals.com/home/blood_disorders/leukemias/overview_of_leukemia.html</a> <a href="http://www.merckmanuals.com/home/childrens_health_issues/childhood_cancers/overview_of_childhood_cancer.html">http://www.merckmanuals.com/home/childrens_health_issues/childhood_cancers/overview_of_childhood_cancer.html</a>
<b>National Breast Cancer Foundation</b>	<a href="http://www.nationalbreastcancer.org/">http://www.nationalbreastcancer.org/</a>
<b>The National Coalition for Cancer Survivors</b>	<a href="http://www.canceradvocacy.org/">http://www.canceradvocacy.org/</a>
<b>Novartis*</b>	<a href="http://www.novartisoncology.us/education/index.jsp">http://www.novartisoncology.us/education/index.jsp</a> <a href="http://www.novartisoncology.us/education/understandingcancer.jsp">http://www.novartisoncology.us/education/understandingcancer.jsp</a>
<b>People Living with Cancer</b>	<a href="http://www.cancer.net/portal/site/patient">http://www.cancer.net/portal/site/patient</a>
<b>Sanofi-Aventis*</b>	<a href="http://www.cancerinformation.com/">http://www.cancerinformation.com/</a>
<b>Susan G. Komen Breast Cancer Foundation</b>	<a href="http://www.komen.org">www.komen.org</a>
<b>Us TOO International Prostate Cancer Education and Support Network</b>	<a href="http://www.ustoo.org/">http://www.ustoo.org/</a>
<b>The Wellness Community</b>	<a href="http://www.thewellnesscommunity.org">www.thewellnesscommunity.org</a>
<b>Y-ME National Organization for Breast Cancer</b>	<a href="http://www.y-me.org">http://www.y-me.org</a>
<b>Young Survival Coalition</b>	<a href="http://www.youngsurvival.org/">http://www.youngsurvival.org/</a>

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## Program Resources

## Websites (click on links)

<b>American Diabetes Association</b>	<a href="http://www.diabetes.org/">www.diabetes.org/</a>
<b>Bristol-Myers Squibb</b>	<a href="http://www.bms.com/togetherondiabetes/media/Pages/diabetes_facts_figures.aspx">http://www.bms.com/togetherondiabetes/media/Pages/diabetes_facts_figures.aspx</a>
<b>Centers for Disease Control and Prevention</b>	<a href="http://www.cdc.gov/workplacehealthpromotion/implementation/topics/type2-diabetes.html">http://www.cdc.gov/workplacehealthpromotion/implementation/topics/type2-diabetes.html</a>
<b>Centers for Disease Control and Prevention</b>	<a href="http://www.diabetesatwork.org/">http://www.diabetesatwork.org/</a>
<b>GlaxoSmithKline*</b>	<a href="http://us.gsk.com/html/healthcare/healthcare-diabetes.html">http://us.gsk.com/html/healthcare/healthcare-diabetes.html</a>
<b>Harvard Medical School*</b>	<a href="http://www.health.harvard.edu/category/heart-and-circulatory-health/diabetes">http://www.health.harvard.edu/category/heart-and-circulatory-health/diabetes</a>
<b>Healthline</b>	<a href="http://www.healthline.com/health/type-2-diabetes">http://www.healthline.com/health/type-2-diabetes</a>
<b>Joslin Diabetes Center</b>	<a href="http://www.joslin.org/diabetes_information.html">http://www.joslin.org/diabetes_information.html</a>
<b>Mayo Clinic</b>	<a href="http://www.mayoclinic.com/health/diabetes-prevention/DA00127">www.mayoclinic.com/health/diabetes-prevention/DA00127</a>
<b>Merck &amp; Co.*</b>	<a href="http://www.merckmanuals.com/home/hormonal_and_metabolic_disorders/diabetes_mellitus_dm/diabetes_mellitus.html">http://www.merckmanuals.com/home/hormonal_and_metabolic_disorders/diabetes_mellitus_dm/diabetes_mellitus.html</a>
<b>National Diabetes Education Initiative</b>	<a href="http://www.ndei.org/v2/website/content/PatientEducation.cfm">http://www.ndei.org/v2/website/content/PatientEducation.cfm</a>
<b>National Diabetes Education Program</b>	<a href="http://www.ndep.nih.gov/">http://www.ndep.nih.gov/</a> <a href="http://www.ndep.nih.gov/publications/index.aspx">http://www.ndep.nih.gov/publications/index.aspx</a>
<b>National Diabetes Information Clearinghouse</b>	<a href="http://www.diabetes.niddk.nih.gov">www.diabetes.niddk.nih.gov</a>
<b>Novo Nordisk*</b>	<a href="http://www.novonordisk.com/diabetes/public/default.asp">http://www.novonordisk.com/diabetes/public/default.asp</a>
<b>Sanofi-Aventis*</b>	<a href="http://www.a1cchampions.com/">http://www.a1cchampions.com/</a> <a href="http://www.whyinsulin.com">www.whyinsulin.com</a> <a href="http://www.STANDforDiabetes.org">www.STANDforDiabetes.org</a>
<b>The U.S. Equal Employment Opportunity Commission</b>	<a href="http://www.eeoc.gov/facts/diabetes.html">http://www.eeoc.gov/facts/diabetes.html</a>
<b>WebMD</b>	<a href="http://diabetes.webmd.com/guide/preventing-type-2-diabetes">http://diabetes.webmd.com/guide/preventing-type-2-diabetes</a>

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## Program Resources

**American Psychiatric Association**

**Center for Community Health, Education, Research & Service\***

**Domestic Violence**

**Family Violence Prevention Fund**

**The Health Foundation of Central MA\***

**Jane Doe, Inc.**

**Mass. Psychiatric Society\***

**National Association of Social Workers, MA Chapter**

**The National Coalition Against Domestic Violence**

**National Institutes of Health**

**National Resource Center on Domestic Violence**

**Neighborhood Health Plan Domestic Violence Advisory Board\***

**Planned Parenthood League of Mass.\***

**The Second Step**

**Survivor Project**

**Women of Means\***

**YWCA Boston\***

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## Websites (click on links)

<http://healthyminds.org/Main-Topic/Domestic-Violence.aspx>

<http://www.cchers.org/cap/about.html>

<http://www.domesticviolence.org/internet-resources/>

<http://endabuse.org/content/campaigns/detail/796>

<http://www.hfcm.org/default.asp?id=GrantsByInit&init=33>

<http://janedoe.org/>

<http://www.healthyminds.org/Home-Page-Feature/Children-and-Violence.aspx>

<http://www.naswma.org/>

<http://www.ncadv.org/#>

<http://www.nlm.nih.gov/medlineplus/domesticviolence.html#cat63>

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

<http://www.nrcdv.org/>

<http://www.nrcdv.org/about/assistance-training.php>

<http://www.nrcdv.org/about/resource-materials.php>

[http://www.cbsys.ago.state.ma.us/healthcare/hccbar.asp?section=15&head2=Community+Benefits&head3=Hospital+and+HMO+Reports&cbsys\\_app\\_ctx=report\\_summary&cbsys\\_sub\\_ctx=entry&org\\_type=HMO&origin=browse\\_reports&report\\_id=89-2009](http://www.cbsys.ago.state.ma.us/healthcare/hccbar.asp?section=15&head2=Community+Benefits&head3=Hospital+and+HMO+Reports&cbsys_app_ctx=report_summary&cbsys_sub_ctx=entry&org_type=HMO&origin=browse_reports&report_id=89-2009)

<http://www.nhp.org/PDFs/Corporate/CommunityBenefitsReport.pdf>

<http://www.plannedparenthood.org/resources/research-papers/relationship-abuse-26786.htm>

[http://www.plannedparenthood.org/files/PPFA/re Abuse\\_06-05.pdf](http://www.plannedparenthood.org/files/PPFA/re Abuse_06-05.pdf)

<http://www.thesecondstep.org/Home.aspx>

<http://www.survivorproject.org/>

<http://www.womenofmeans.org/resources/domestic-violence-hotlines>

<http://www.ywcaboston.org/advocacy/>

## Program Resources

### AARP\*

[http://www.aarp.org/home-garden/transportation/driver\\_safety/](http://www.aarp.org/home-garden/transportation/driver_safety/)

<http://www.aarp.org/home-garden/transportation/info-03-2010/take-aarps-drivers-safetycourse.html>

[http://www.aarp.org/home-garden/transportation/info-05-2010/carfit\\_exam\\_checklist.html](http://www.aarp.org/home-garden/transportation/info-05-2010/carfit_exam_checklist.html)

### AAA Foundation for Traffic Safety

<http://www.aaafoundation.org/resources/index.cfm?button=links>

<http://www.aaafoundation.org/resources/index.cfm?button=links#Drivered>

### Centers for Disease Control and Prevention

<http://www.cdc.gov/Motorvehiclesafety/index.html>

### Central Mass. Chapter National Safety Council

<http://www.centralmasafety.org/training-classes.htm>

### John Snow Inc.\*

[http://www.jsi.com/JSIInternet/DITL/US/Traffic\\_Monitoring\\_in\\_Boston.cfm](http://www.jsi.com/JSIInternet/DITL/US/Traffic_Monitoring_in_Boston.cfm)

### Mass. Brain Injury Association\*

<http://www.biama.org/pdfs/teendrivingfactcard.pdf>

<http://www.biama.org/pdfs/pressrel/hanovergrant.pdf>

<http://www.biama.org/pdfs/fallfacts.pdf>

<http://www.biama.org/whatdoes/keys.html>

### Mass Dept. Of Health\*

<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/dvip/injury-prevention/traumatic-brain-injury.html>

[http://www.mass.gov/Eeohhs2/docs/dph/substance\\_abuse/holiday\\_safety.pdf](http://www.mass.gov/Eeohhs2/docs/dph/substance_abuse/holiday_safety.pdf)

### MADD\*

<http://www.madd.org/>

### National Highway Safety Administration

<http://www.nhtsa.gov/people/injury/olddrive/>

<http://www.distraction.gov/>

### National Safety Council

[http://www.nsc.org/SAFETY\\_ROAD/INSURANCESTATEREDUCTIONPRGM/Pages/Massachusetts.aspx](http://www.nsc.org/SAFETY_ROAD/INSURANCESTATEREDUCTIONPRGM/Pages/Massachusetts.aspx)

[http://www.nsc.org/safety\\_road/teendriving/Pages/teen\\_driving.aspx](http://www.nsc.org/safety_road/teendriving/Pages/teen_driving.aspx)

[http://www.nsc.org/safety\\_road/DriverSafety/Pages/driver\\_safety.aspx](http://www.nsc.org/safety_road/DriverSafety/Pages/driver_safety.aspx)

[http://www.nsc.org/products\\_training/Pages/Home.aspx](http://www.nsc.org/products_training/Pages/Home.aspx)

[http://www.nsc.org/products\\_training/Training/Pages/Home.aspx](http://www.nsc.org/products_training/Training/Pages/Home.aspx)

### National Sleep Foundation

<http://drowsydriving.org/resources/>

### Northeastern University\*

<http://www.northeastern.edu/publicsafety/tips-abroad.html>

[www.northeastern.edu/psychology/wp-content/uploads/winter09.pdf](http://www.northeastern.edu/psychology/wp-content/uploads/winter09.pdf)

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## Program Resources

### Boston Public Health Commission\*

<http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&ColumnDisplayName=Health%20Topics&Value=Hepatitis>

### Centers for Disease Control and Prevention

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

<http://wwwn.cdc.gov/pubs/hepa.aspx>

<http://www.cdc.gov/hepatitis/Resources/PatientEdMaterials.htm>

<http://www.cdc.gov/niosh/topics/bbp/>

### Department of Veterans Affairs

<http://www.hepatitis.va.gov/vahep?page=prtop05-pe-01#S2X>

### Genentech (Hep C)\*

[http://www.gene.com/gene/products/education/virology/hc\\_factsheet.html](http://www.gene.com/gene/products/education/virology/hc_factsheet.html)

### Harvard Medical School\*

[http://www.health.harvard.edu/press\\_releases/new-cases-of-hepatitis-c-are-down-but-millions-are-chronically-infected-and-may-not-know-it](http://www.health.harvard.edu/press_releases/new-cases-of-hepatitis-c-are-down-but-millions-are-chronically-infected-and-may-not-know-it)

### HCV Advocate

[http://www.hcvadvocate.org/hepatitis/factsheets\\_pdf/workplace.pdf](http://www.hcvadvocate.org/hepatitis/factsheets_pdf/workplace.pdf)

<http://www.hcvadvocate.org/hepatitis/materials.asp>

### Hepatitis B Foundation

<http://www.hepb.org/expforum/>

<http://www.hepb.org/hepatitisbcd/xplain.html>

[http://www.hepb.org/about/outreach\\_and\\_education.htm](http://www.hepb.org/about/outreach_and_education.htm)

### Hepatitis Central

<http://www.hepatitis-central.com/>

### Merck & Co.\*

[http://www.merckmanuals.com/home/liver\\_and\\_gallbladder\\_disorders/hepatitis/overview\\_of\\_hepatitis.html](http://www.merckmanuals.com/home/liver_and_gallbladder_disorders/hepatitis/overview_of_hepatitis.html)

### National Institutes of Health

[www.nlm.nih.gov/medlineplus/ency/article/001154.htm](http://www.nlm.nih.gov/medlineplus/ency/article/001154.htm); [www.nlm.nih.gov/medlineplus/videosandcooltools.html](http://www.nlm.nih.gov/medlineplus/videosandcooltools.html)

### Novartis\*

<http://www.novartisdiagnostics.com/disease-education/hepatitis-c.shtml>

<http://www.novartisdiagnostics.com/disease-education/hepatitis-b.shtml>

### World Health Organization

[www.who.int/topics/hepatitis/en/](http://www.who.int/topics/hepatitis/en/)

### The Scripps Research Institute

<http://www.scripps.edu/philanthropy/hepatitis.html?origin=ggdishepc>

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## Program Resources

## Websites (click on links)

<b>AIDS Action Committee*</b>	<a href="http://www.aac.org/health">www.aac.org/health</a>
<b>AIDS Healthcare Foundation</b>	<a href="http://www.aidshealth.org/">http://www.aidshealth.org/</a>
<b>AIDS Project Worcester</b>	<a href="http://www.aidsprojectworchester.org/">http://www.aidsprojectworchester.org/</a>
<b>The Body: The Complete HIV/AIDS Resource</b>	<a href="http://www.thebody.com/index.html">http://www.thebody.com/index.html</a>
<b>Boston Public Health Commission*</b>	<a href="http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&amp;ColumnDisplayName=Health%20Topics&amp;Value=AIDS">http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&amp;ColumnDisplayName=Health%20Topics&amp;Value=AIDS</a>
<b>Centers for Disease Control and Prevention</b>	<a href="http://www.cdc.gov/hiv/">http://www.cdc.gov/hiv/</a> <a href="http://www.hivatwork.org/">http://www.hivatwork.org/</a> <a href="http://www.cdcnpin.org/scripts/search/matlSearch.aspx">http://www.cdcnpin.org/scripts/search/matlSearch.aspx</a> <a href="http://www.cdcnpin.org/scripts/hiv/outreach.asp">http://www.cdcnpin.org/scripts/hiv/outreach.asp</a>
<b>Department of Health and Human Services</b>	<a href="http://sis.nlm.nih.gov/hiv.html">http://sis.nlm.nih.gov/hiv.html</a>
<b>Free Management Library</b>	<a href="http://managementhelp.org/emp_well/aids.htm">http://managementhelp.org/emp_well/aids.htm</a>
<b>GlaxoSmithKline*</b>	<a href="http://us.gsk.com/html/healthcare/healthcare-hiv-aids.html">http://us.gsk.com/html/healthcare/healthcare-hiv-aids.html</a>
<b>Merck &amp; Co.*</b>	<a href="http://www.merckmanuals.com/home/infections/human_immunodeficiency_virus_hiv_infection/human_immunodeficiency_virus_infection.html">http://www.merckmanuals.com/home/infections/human_immunodeficiency_virus_hiv_infection/human_immunodeficiency_virus_infection.html</a>
<b>New England AIDS Education and Training Center</b>	<a href="http://www.aids-ed.org/aidsetc?page=ab-02-06#Massachusetts">http://www.aids-ed.org/aidsetc?page=ab-02-06#Massachusetts</a>
<b>Novartis*</b>	<a href="http://www.novartisdiagnostics.com/disease-education/hiv1.shtml">http://www.novartisdiagnostics.com/disease-education/hiv1.shtml</a>
<b>Pfizer*</b>	<a href="http://www.pfizer.com/responsibility/global_health/connect_hiv.jsp">http://www.pfizer.com/responsibility/global_health/connect_hiv.jsp</a>
<b>The Mayo Clinic</b>	<a href="http://www.mayoclinic.com/health/hiv-aids/DS00005">http://www.mayoclinic.com/health/hiv-aids/DS00005</a>
<b>The Body: The Complete HIV/AIDS Resource</b>	<a href="http://www.thebody.com/index.html">http://www.thebody.com/index.html</a>

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## **Program Resources**

## **Websites** (click on links)

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### **Disability Resources**

<http://www.disabilityresources.org/MASSACHUSETTS.html>

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### **The Arc**

<http://www.thearc.org/>

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### **Massachusetts Developmental Disabilities Council**

<http://www.mass.gov/anf/employment-equal-access-disability/oversight-agencies/mddc/>

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### **SPED Child and Teen**

[http://www.spedchildmass.com/learning\\_disabilities](http://www.spedchildmass.com/learning_disabilities)

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MASSACHUSETTS HEALTH COUNCIL, INC.

*Massachusetts Health Council, Inc. • 200 Reservoir Street – Suite 101 • Needham, MA 02194 • 617-965-3711 • [www.MAHealthCouncil.org](http://www.MAHealthCouncil.org)*

## Program Resources

## Websites (click on links)

### ASTHMA

<b>AARP*</b>	<a href="http://healthtools.aarp.org/learning-center/chronic-obstructive-pulmonary-disease-copd">http://healthtools.aarp.org/learning-center/chronic-obstructive-pulmonary-disease-copd</a> <a href="http://healthtools.aarp.org/learning-center/asthma">http://healthtools.aarp.org/learning-center/asthma</a>
<b>American College of Allergy, Asthma, and Immunology</b>	<a href="http://www.acaa.org/allergist/asthma/types/Pages/occupational-asthma.aspx">http://www.acaa.org/allergist/asthma/types/Pages/occupational-asthma.aspx</a>
<b>American Family Physician</b>	<a href="http://www.aafp.org/afp/2001/1201/p1839.html">http://www.aafp.org/afp/2001/1201/p1839.html</a>
<b>American Lung Association*</b>	<a href="http://www.lungusa.org/your-lungs/">http://www.lungusa.org/your-lungs/</a>
<b>Astrazeneca*</b>	<a href="http://www.rethinkasthmacontrol.com">www.rethinkasthmacontrol.com</a>
<b>Asthma and Allergy Foundation*</b>	<a href="http://www.asthmacapitals.com">www.asthmacapitals.com</a>
<b>Atrius Health*</b>	<a href="http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1042&amp;SECHWID=tb1835">http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1042&amp;SECHWID=tb1835</a>
<b>Boston Public Health Commission*</b>	<a href="http://bphc.org/whatwedo/healthy-homes-environment/asthma/Pages/Asthma.aspx">http://bphc.org/whatwedo/healthy-homes-environment/asthma/Pages/Asthma.aspx</a>
<b>Centers for Disease Control and Prevention</b>	<a href="http://www.cdc.gov/asthma/workplace.html">http://www.cdc.gov/asthma/workplace.html</a> & <a href="http://www.cdc.gov/niosh/topics/indoorenv/">http://www.cdc.gov/niosh/topics/indoorenv/</a>
<b>Environmental Protection Agency</b>	<a href="http://www.epa.gov/asthma/">http://www.epa.gov/asthma/</a>
<b>GlaxoSmithKline*</b>	<a href="http://us.gsk.com/html/healthcare/healthcare-asthma.html">http://us.gsk.com/html/healthcare/healthcare-asthma.html</a>
<b>Mayo Clinic</b>	<a href="http://www.mayoclinic.com/health/occupational-asthma/DS00591">http://www.mayoclinic.com/health/occupational-asthma/DS00591</a>
<b>Merck &amp; Co.*</b>	<a href="http://www.merckmanuals.com/home/lung_and_airway_disorders/asthma/asthma.html">http://www.merckmanuals.com/home/lung_and_airway_disorders/asthma/asthma.html</a> <a href="http://merckengage.com">http://merckengage.com</a>
<b>United States Department of Labor</b>	<a href="http://www.osha.gov/SLTC/occupationalasthma/index.html">http://www.osha.gov/SLTC/occupationalasthma/index.html</a>

### CHRONIC OBSTRUCTIVE PULMONARY DISEASE

<b>Centers for Disease Control and Prevention</b>	<a href="http://www.cdc.gov/copd/">http://www.cdc.gov/copd/</a>
<b>COPD Foundation: Am I at Risk?</b>	<a href="http://www.copdfoundation.org/Take-Action/Get-Tested/Am-I-At-Risk.aspx">http://www.copdfoundation.org/Take-Action/Get-Tested/Am-I-At-Risk.aspx</a>
<b>COPD Foundation: Employer Tool Kit</b>	<a href="http://www.copdfoundation.org/Learn-More/For-Employers/COPD-Employer-Toolkit.aspx">http://www.copdfoundation.org/Learn-More/For-Employers/COPD-Employer-Toolkit.aspx</a>
<b>Mayo Clinic</b>	<a href="http://www.mayoclinic.org/diseases-conditions/copd/basics/definition/CON-20032017">http://www.mayoclinic.org/diseases-conditions/copd/basics/definition/CON-20032017</a>
<b>Centers for Disease Control and Prevention</b>	<a href="http://www.cdc.gov/copd/">http://www.cdc.gov/copd/</a>
<b>National Heart, Lung and Blood Institute</b>	<a href="https://www.nhlbi.nih.gov/health/health-topics/topics/copd/">https://www.nhlbi.nih.gov/health/health-topics/topics/copd/</a>

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## Program Resources

## Websites (click on links)

**Alzheimer's and Dementia Learning Center**

<http://www.drugcoupons.com/blog/alzheimers-and-dementia-learning-center.html>

**Boston Public Health Commission\***

<http://www.bphc.org/programs/cafh/cah/cahservices/mentalhealth/Pages/Home.aspx>

[http://www.bphc.org/about/research/hob2010/Forms%20%20Documents/Mental%20Health\\_DataTables\\_HOB10\\_10Aug10.pdf](http://www.bphc.org/about/research/hob2010/Forms%20%20Documents/Mental%20Health_DataTables_HOB10_10Aug10.pdf)

[http://www.bphc.org/about/research/hob/Forms%20%20Documents/HOB%20with%20Charts/11.Mental\\_Health\\_text%20w%20tables\\_HOB09\\_28Apr09.pdf](http://www.bphc.org/about/research/hob/Forms%20%20Documents/HOB%20with%20Charts/11.Mental_Health_text%20w%20tables_HOB09_28Apr09.pdf)

**Boston University School of Public Health\***

<http://sph.bu.edu/insider/index.php/Recent-News/researchers-study-raceethnicity-in-outpatient-mental-health-substance-abuse-treatment.html>

**Epilepsy Foundation of MA & RI\***

<http://www.epilepsyfoundation.org/epilepsyusa/yebeh/upload/Smith.pdf>

<http://www.epilepsyfoundation.org/about/related/mood/seekinghelp.cfm>

<http://www.epilepsyfoundation.org/about/related/depression/>

<http://www.epilepsyfoundation.org/about/related/mood/types.cfm>

**GlaxoSmithKline\***

[http://www.palscommunity.com/presentations/Mid\\_Atlantic\\_Regional\\_2007/Dr.%20Ram%20Mind%20and%20Body.pdf](http://www.palscommunity.com/presentations/Mid_Atlantic_Regional_2007/Dr.%20Ram%20Mind%20and%20Body.pdf)

**Harvard Medical School\***

[http://www.health.harvard.edu/special\\_health\\_reports/Positive-Psychology](http://www.health.harvard.edu/special_health_reports/Positive-Psychology)

**Mass. Assoc. of Behavioral Health Systems\***

<http://www.abhmass.org/site/>

[http://www.abhmass.org/site/images/publications/annual\\_report/abhfy2010annualreportfinal.pdf](http://www.abhmass.org/site/images/publications/annual_report/abhfy2010annualreportfinal.pdf)

**Mass. Dept. of Mental Health\***

[http://www.mass.gov/Eeohhs2/docs/dmh/publications/brochure\\_depression.pdf](http://www.mass.gov/Eeohhs2/docs/dmh/publications/brochure_depression.pdf)

[http://www.mass.gov/Eeohhs2/docs/dmh/publications/brochure\\_dmh\\_guide.pdf](http://www.mass.gov/Eeohhs2/docs/dmh/publications/brochure_dmh_guide.pdf)

[http://www.mass.gov/Eeohhs2/docs/dmh/publications/brochure\\_schizophrenia.pdf](http://www.mass.gov/Eeohhs2/docs/dmh/publications/brochure_schizophrenia.pdf)

[http://www.mass.gov/Eeohhs2/docs/dmh/publications/brochure\\_stigma.pdf](http://www.mass.gov/Eeohhs2/docs/dmh/publications/brochure_stigma.pdf)

**Mental Health America**

<http://www.nmha.org/>

**Mental Help Net**

<http://www.mentalhelp.net/>

**Merck & Company\***

[http://www.merckmanuals.com/home/mental\\_health\\_disorders.html](http://www.merckmanuals.com/home/mental_health_disorders.html)

**National Alliance on Mental Illness**

<http://www.nami.org/>

<http://www.namimass.org/resources/wellness>

**National Institute of Mental Health**

<http://www.nimh.nih.gov/index.shtml>

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## Program Resources

## Websites (click on links)

<b>AARP*</b>	<a href="http://www.aarp.org/health/fitness/">http://www.aarp.org/health/fitness/</a>
<b>American Heart Association*</b>	<a href="http://www.americanheart.org/presenter.jhtml?identifier=4563">http://www.americanheart.org/presenter.jhtml?identifier=4563</a> <a href="http://www.americanheart.org/presenter.jhtml?identifier=3004833">http://www.americanheart.org/presenter.jhtml?identifier=3004833</a>
<b>Atrius Health (Healthy Eating)*</b>	<a href="http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1020&amp;SECHWID=tp27587">http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1020&amp;SECHWID=tp27587</a>
<b>Atrius Health (Fitness &amp; Exercise)*</b>	<a href="http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1016&amp;SECHWID=tb1831">http://www.healthwise.net/atriushealth/Content/StdDocument.aspx?DOCHWID=center1016&amp;SECHWID=tb1831</a>
<b>Arthritis Foundation, MA. Chapter*</b>	<a href="http://www.arthritistoday.org/nutrition-and-weight-loss/index.php">http://www.arthritistoday.org/nutrition-and-weight-loss/index.php</a>
<b>Boston Public Health Commission*</b>	<a href="http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&amp;ColumnDisplayName=Health%20Topics&amp;Value=Nutrition">http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&amp;ColumnDisplayName=Health%20Topics&amp;Value=Nutrition</a>
<b>Cambridge Public Health Department (Lifestyle)*</b>	<a href="http://www.cambridgepublichealth.org/lifestyle/">http://www.cambridgepublichealth.org/lifestyle/</a>
<b>Centers for Disease Control and Prevention</b>	<a href="http://www.cdc.gov/physicalactivity/">http://www.cdc.gov/physicalactivity/</a> <a href="http://www.cdc.gov/workplacehealthpromotion/implementation/topics/physical-activity.html">http://www.cdc.gov/workplacehealthpromotion/implementation/topics/physical-activity.html</a>
<b>Harvard Medical School*</b>	<a href="http://www.health.harvard.edu/category/heart-and-circulatory-health/exercise-and-fitness">http://www.health.harvard.edu/category/heart-and-circulatory-health/exercise-and-fitness</a> <a href="http://www.health.harvard.edu/category/heart-and-circulatory-health/nutrition">http://www.health.harvard.edu/category/heart-and-circulatory-health/nutrition</a>
<b>Live Well</b>	<a href="http://www.livewell.alaska.gov/assets/downloads/PhysicalActivity_Work.pdf">http://www.livewell.alaska.gov/assets/downloads/PhysicalActivity_Work.pdf</a>
<b>Mass In Motion</b>	<a href="http://www.mass.gov/?pageID=eohhs2terminal&amp;L=5&amp;LO=Home&amp;L1=Consumer&amp;L2=Prevention+and+Wellness&amp;L3=Healthy+Living&amp;L4=At+Work&amp;sid=Eeohhs2&amp;b=terminalcontent&amp;f=dph_mass_in_motion_work&amp;csid=Eeohhs2">http://www.mass.gov/?pageID=eohhs2terminal&amp;L=5&amp;LO=Home&amp;L1=Consumer&amp;L2=Prevention+and+Wellness&amp;L3=Healthy+Living&amp;L4=At+Work&amp;sid=Eeohhs2&amp;b=terminalcontent&amp;f=dph_mass_in_motion_work&amp;csid=Eeohhs2</a>
<b>Merck &amp; Co.*</b>	<a href="http://www.merckmanuals.com/home/disorders_of_nutrition.html">http://www.merckmanuals.com/home/disorders_of_nutrition.html</a>
<b>National Institutes of Health</b>	<a href="http://www.nlm.nih.gov/medlineplus/nutrition.html">http://www.nlm.nih.gov/medlineplus/nutrition.html</a>
<b>National Resources on Nutrition</b>	<a href="http://www.nutrition.gov/nal_display/index.php?info_center=11&amp;tax_level=1">http://www.nutrition.gov/nal_display/index.php?info_center=11&amp;tax_level=1</a>
<b>Shape Up America</b>	<a href="http://www.shapeup.com/about/">http://www.shapeup.com/about/</a>
<b>Spark People</b>	<a href="http://www.sparkpeople.com/">http://www.sparkpeople.com/</a>
<b>United States Department of Agriculture</b>	<a href="http://www.mypyramid.gov/">http://www.mypyramid.gov/</a> <a href="http://www.mypyramid.gov/tools.html">http://www.mypyramid.gov/tools.html</a>
<b>WebMD</b>	<a href="http://www.webmd.com/diet/guide/7-tips-eating-while-you-work">http://www.webmd.com/diet/guide/7-tips-eating-while-you-work</a>
<b>World Health Organization</b>	<a href="http://www.who.int/topics/physical_activity/en/">http://www.who.int/topics/physical_activity/en/</a>

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## Program Resources

**Boston Public Health Commission\***

## Websites (click on links)

<http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&ColumnDisplayName=Health%20Topics&Value=Obesity>

**Centers for Disease Control and Prevention**

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

<http://www.cdc.gov/leanworks/costcalculator/index.html>

**Fallon Community Health Plan\***

<http://www.fchp.org/news/press-releases/2011/FCHP-pediatric-obesity.aspx>

**GlaxoSmithKline\***

<http://www.gsk.com/infocus/obesity.htm>

**Harvard Medical School \***

[http://www.health.harvard.edu/special\\_health\\_reports/exercise](http://www.health.harvard.edu/special_health_reports/exercise)

**Harvard Pilgrim Health Care\***

[https://www.harvardpilgrim.org/portal/page?\\_pageid=213,257080&\\_dad=portal&\\_schema=PORTAL](https://www.harvardpilgrim.org/portal/page?_pageid=213,257080&_dad=portal&_schema=PORTAL)

**HealthSouth\***

<http://www.healthsouth.com/en/experience-healthsouth/wellness-tools-for-health/>

**Mass. Assoc. of Community Health, Inc.\***

<http://www.massleague.org/Calendar/LeagueEvents/ClinicalQualityConference/2010/BernhardtTreatingandPreventingObesityIntroduction.pdf>

**Merck & Company\***

[http://www.merckmanuals.com/home/disorders\\_of\\_nutrition/obesity\\_and\\_the\\_metabolic\\_syndrome/obesity.html](http://www.merckmanuals.com/home/disorders_of_nutrition/obesity_and_the_metabolic_syndrome/obesity.html)

**National Institutes of Health**

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

**Obesity Help.com**

<http://www.obesityhelp.com/>

**The Obesity Society**

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

<http://www.obesity.org/education/office-management-of-obesity.htm>

**Obesity Action Coalition**

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

**Pfizer – Obesity in the Workforce**

[http://www.pfizer.com/files/products/Obesity\\_in\\_the\\_United\\_States\\_Workforce.pdf](http://www.pfizer.com/files/products/Obesity_in_the_United_States_Workforce.pdf)

**Weight Watchers At Work**

<http://www.weightwatchers.com>

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## Program Resources

## Websites (click on links)

<b>American Dental Hygienists Association</b>	<a href="http://www.adha.org/publichealth/index.html">http://www.adha.org/publichealth/index.html</a>
<b>Atrius Health (Mouth and Dental)*</b>	<a href="http://www.healthwise.net/atriushealth/Find/Category.aspx?CAT=Mouth%20and%20Dental&amp;CATID=cat1029">http://www.healthwise.net/atriushealth/Find/Category.aspx?CAT=Mouth%20and%20Dental&amp;CATID=cat1029</a>
<b>Better Oral Health for Massachusetts Coalition</b>	<a href="http://www.massoralhealth.org/">http://www.massoralhealth.org/</a>
<b>Boston Public Health Commission*</b>	<a href="http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&amp;ColumnDisplayName=Health%20Topics&amp;Value=Oral%20Health">http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&amp;ColumnDisplayName=Health%20Topics&amp;Value=Oral%20Health</a>
<b>Centers For Diseases Control and Prevention</b>	<a href="http://www.cdc.gov/OralHealth/">http://www.cdc.gov/OralHealth/</a> <a href="http://www.cdc.gov/OralHealth/guidelines.htm">http://www.cdc.gov/OralHealth/guidelines.htm</a>
<b>Consumer Guide to Dentistry</b>	<a href="http://www.yourdentistryguide.com/hygiene/">http://www.yourdentistryguide.com/hygiene/</a>
<b>Delta Dental*</b>	<a href="http://www.deltadentalma.com/your-oral-health/">http://www.deltadentalma.com/your-oral-health/</a>
<b>DentaQuest Foundation*</b>	<a href="http://www.oralhealthfoundation.org/coalition/index.php">http://www.oralhealthfoundation.org/coalition/index.php</a>
<b>Massachusetts Coalition for Oral Health</b>	<a href="http://www.fluoridefacts.org/">http://www.fluoridefacts.org/</a>
<b>Massachusetts Department of Public Health</b>	<a href="http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/oral-health/oral-health-for-seniors.html">http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/oral-health/oral-health-for-seniors.html</a> <a href="http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/oral-health/fact-sheets-and-resources.html">http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/oral-health/fact-sheets-and-resources.html</a>
<b>Massachusetts Health and Human Services</b>	<a href="http://www.mass.gov/?pageID=eohhs2terminal&amp;L=5&amp;L0=Home&amp;L1=Government&amp;L2=Departments+and+Divisions&amp;L3=Department+of+Public+Health&amp;L4=Programs+and+Services+K+-+S&amp;sid=Eeohhs2&amp;b=terminalcontent&amp;f=dph_com_health_c_pca_oralhealth&amp;csid=Eeohhs2">http://www.mass.gov/?pageID=eohhs2terminal&amp;L=5&amp;L0=Home&amp;L1=Government&amp;L2=Departments+and+Divisions&amp;L3=Department+of+Public+Health&amp;L4=Programs+and+Services+K+-+S&amp;sid=Eeohhs2&amp;b=terminalcontent&amp;f=dph_com_health_c_pca_oralhealth&amp;csid=Eeohhs2</a> <a href="http://www.mass.gov/?pageID=eohhs2terminal&amp;L=5&amp;L0=Home&amp;L1=Consumer&amp;L2=Prevention+and+Wellness&amp;L3=Disease+Prevention&amp;L4=Oral+Health&amp;sid=Eeohhs2&amp;b=terminalcontent&amp;f=dph_com_health_c_pca_oralhealth_block_diseases&amp;csid=Eeohhs2">http://www.mass.gov/?pageID=eohhs2terminal&amp;L=5&amp;L0=Home&amp;L1=Consumer&amp;L2=Prevention+and+Wellness&amp;L3=Disease+Prevention&amp;L4=Oral+Health&amp;sid=Eeohhs2&amp;b=terminalcontent&amp;f=dph_com_health_c_pca_oralhealth_block_diseases&amp;csid=Eeohhs2</a>
<b>Mass Dental Society*</b>	<a href="http://www.massdental.org/for_the_public_topics.aspx?id=136">http://www.massdental.org/for_the_public_topics.aspx?id=136</a>
<b>Merck &amp; Co.*</b>	<a href="http://www.merckmanuals.com/home/mouth_and_dental_disorders.html">http://www.merckmanuals.com/home/mouth_and_dental_disorders.html</a>
<b>National Institutes of Health</b>	<a href="http://www.nlm.nih.gov/medlineplus/dentalhealth.html">http://www.nlm.nih.gov/medlineplus/dentalhealth.html</a>
<b>Oral Health America</b>	<a href="http://www.oralhealthamerica.org/ourwork.html">http://www.oralhealthamerica.org/ourwork.html</a>
<b>Word of Mouth USA</b>	<a href="http://www.wordofmouthusa.org/index.php?option=com_content&amp;view=article&amp;id=19&amp;Itemid=31">http://www.wordofmouthusa.org/index.php?option=com_content&amp;view=article&amp;id=19&amp;Itemid=31</a>

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## **Program Resources**

## **Websites** (click on links)

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**CARESAlliance.org**

<http://www.CARESAlliance.org>

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MASSACHUSETTS HEALTH COUNCIL, INC.

*Massachusetts Health Council, Inc. • 200 Reservoir Street – Suite 101 • Needham, MA 02194 • 617-965-3711 • [www.MAHealthCouncil.org](http://www.MAHealthCouncil.org)*

## Program Resources

### American Cancer Association

## Websites (click on links)

<http://www.acsworkplacesolutions.com/freshstart.asp>

<http://www.acsworkplacesolutions.com/quitforlife.asp>

<http://www.acsworkplacesolutions.com/wpassessment.asp>

### American Lung Association\*

<http://www.lungusa.org/stop-smoking/>

### Boston Public Health Commission\*

<http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&ColumnDisplayName=Health%20Topics&Value=Smoking%20Prevention>

### Centers for Disease Control and Prevention

<http://www.cdc.gov/tobacco/stateandcommunity/ntcp/index.htm>

<http://www.cdc.gov/niosh/topics/tobacco/>

<http://www.cdc.gov/workplacehealthpromotion/implementation/topics/tobacco-use.html>

[http://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/index.htm](http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm)

### End Smoking

<http://www.endsmoking.org/resources/employersguide/pdf/employersguide-2nd-edition.pdf>

### Foundation for a Smokefree America

<http://www.tobaccofree.org/patrick.htm>

### Mayo Clinic

<http://www.mayoclinic.com/health/quit-smoking/MY00433>

### National Cancer Institute

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/cessation>

### National Institutes of Health

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

### Pathways to Wellness

<http://www.pathwaysboston.org/services/smoking.html>

### Pfizer

[http://www.pfizer.com/responsibility/global\\_health/global\\_health\\_partnerships.jsp](http://www.pfizer.com/responsibility/global_health/global_health_partnerships.jsp)

### QuitWorks

[http://www.makesmokinghistory.org/en\\_US/quitworks/](http://www.makesmokinghistory.org/en_US/quitworks/)

### Smoke Free.gov

<http://www.smokefree.gov/tools.aspx>

### Tobacco Free Mass\*

<http://www.tobaccofreemass.net/>

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**Program Resources****Websites** (click on links)

<b>AARP*</b>	<a href="http://healthtools.aarp.org/learning-center/panic-disorders">http://healthtools.aarp.org/learning-center/panic-disorders</a>
<b>Breathing Time Yoga</b>	<a href="http://www.breathingtimeyoga.com/CustomYoga/WorkplaceYoga/tabid/154/Default.aspx">http://www.breathingtimeyoga.com/CustomYoga/WorkplaceYoga/tabid/154/Default.aspx</a>
<b>Centers for Disease Control and Prevention</b>	<a href="http://www.cdc.gov/niosh/topics/stress/">http://www.cdc.gov/niosh/topics/stress/</a>
<b>Fallon Community Health Plan*</b>	<a href="http://www.fchp.org/employers/resources/~/_media/Files/WellnessFlyers/VulnerableStress.ashx">http://www.fchp.org/employers/resources/~/_media/Files/WellnessFlyers/VulnerableStress.ashx</a> <a href="http://www.fchp.org/employers/resources/~/_media/Files/WellnessFlyers/ManagingStress.ashx">http://www.fchp.org/employers/resources/~/_media/Files/WellnessFlyers/ManagingStress.ashx</a> <a href="http://www.fchp.org/blog/posts/learning-to-meditate.aspx">http://www.fchp.org/blog/posts/learning-to-meditate.aspx</a>
<b>Harvard Medical School*</b>	<a href="http://www.health.harvard.edu/topic/stress">http://www.health.harvard.edu/topic/stress</a>
<b>Healing Tree Yoga</b>	<a href="http://www.healingtreeyoga.com/">http://www.healingtreeyoga.com/</a>
<b>L.A.U.G.H.S.*</b>	<a href="http://www.laughsrus.com/">http://www.laughsrus.com/</a>
<b>Meditation Works Incorporated</b>	<a href="http://www.mwi.org/">http://www.mwi.org/</a>
<b>Mind Tools</b>	<a href="https://www.mindtools.com/cgi-bin/sgx2/shop.cgi?page=smmc.htm">https://www.mindtools.com/cgi-bin/sgx2/shop.cgi?page=smmc.htm</a> <a href="https://www.mindtools.com/cgi-bin/sgx2/shop.cgi?page=MakeTimeForSuccess-LSC.htm">https://www.mindtools.com/cgi-bin/sgx2/shop.cgi?page=MakeTimeForSuccess-LSC.htm</a> <a href="http://www.mindtools.com/smpage.html">http://www.mindtools.com/smpage.html</a>
<b>Pathways to Wellness</b>	<a href="http://www.pathwaysboston.org/education/education.html">http://www.pathwaysboston.org/education/education.html</a> <a href="http://www.pathwaysboston.org/services/yoga.html">http://www.pathwaysboston.org/services/yoga.html</a>
<b>Samaritans*</b>	<a href="http://www.samaritans.org/our_services/workplace_training/tackling_stress.aspx">http://www.samaritans.org/our_services/workplace_training/tackling_stress.aspx</a>
<b>Shambhala</b>	<a href="http://www.shambhala.org/teachings/">http://www.shambhala.org/teachings/</a> <a href="http://www.shambhala.org/meditation/intro_programs.php">http://www.shambhala.org/meditation/intro_programs.php</a> <a href="http://www.shambhalaonline.org/">http://www.shambhalaonline.org/</a>
<b>Stacey Shipman</b>	<a href="http://staceyshipman.com/services/workplace-wellness-programs/">http://staceyshipman.com/services/workplace-wellness-programs/</a>
<b>Stress Education Center</b>	<a href="http://www.dstress.com/">http://www.dstress.com/</a> <a href="http://www.dstress.com/corp_org_gov.html">http://www.dstress.com/corp_org_gov.html</a>
<b>Train Right Inc.</b>	<a href="http://www.time-stressmanagement-training.com/index.html">http://www.time-stressmanagement-training.com/index.html</a>
<b>Tufts Health Plan*</b>	<a href="http://www.tuftshealthplan.com/members/members.php?sec=health_information_and_tools&amp;content=stress_management&amp;rightnav=stress_management_nav">http://www.tuftshealthplan.com/members/members.php?sec=health_information_and_tools&amp;content=stress_management&amp;rightnav=stress_management_nav</a>
<b>Zen Muscular Therapy &amp; Wellness Center</b>	<a href="http://www.zen-therapy.com/services.html">http://www.zen-therapy.com/services.html</a>

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## Program Resources

**American Council For Drug Education**

**Centers for Disease Control and Prevention**

**Community Anti-Drug Coalitions of America (CADCA)**

**Ezrah Communications Group, LTD**

**Fallon Community Health Plan**

**Harvard Medical School\***

**Help Guide**

**Higher Education Center**

**The Institute for Health and Recovery**

**Massachusetts Health Promotion Clearinghouse**

**Merck & Co.\***

**The National Council on Alcoholism and Drug Dependence**

**National Institute of Chemical Dependency**

**National Institute on Drug Abuse**

**The Partnership for a Drug Free America**

**Substance Abuse and Mental Health Services Administration**

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## Websites (click on links)

<http://www.acde.org/employer/Default.htm>

<http://www.cdc.gov/pwud/substance-treatment.html>

<http://www.cadca.org/interactive-media>

<http://www.sosdrugs.org/ezrah/speakers.php>

<http://www.fchp.org/employers/resources/~media/Files/WellnessFlyers/SubstanceAbuseBrochure.ashx>

<http://www.fchp.org/news/health-care-reform/mental-health-equity.aspx>

[http://www.health.harvard.edu/press\\_releases/painkillers-fuel-growth-in-drug-addiction](http://www.health.harvard.edu/press_releases/painkillers-fuel-growth-in-drug-addiction)

[http://helpguide.org/mental/drug\\_substance\\_abuse\\_addiction\\_signs\\_effects\\_treatment.htm](http://helpguide.org/mental/drug_substance_abuse_addiction_signs_effects_treatment.htm)

<http://www.higheredcenter.org/services/training>

[http://www.healthrecovery.org/services\\_and\\_products/trainings/default.asp](http://www.healthrecovery.org/services_and_products/trainings/default.asp)

<http://www.maclearinghouse.com/CatalogSuabstanceAbuse.htm>

<http://www.maclearinghouse.com/PDFs/SubstanceAbuse/SA1090.pdf>

[http://www.merckmanuals.com/home/special\\_subjects/drug\\_use\\_and\\_abuse/overview\\_of\\_drug\\_abuse.html](http://www.merckmanuals.com/home/special_subjects/drug_use_and_abuse/overview_of_drug_abuse.html)

[http://www.merckmanuals.com/home/childrens\\_health\\_issues/problems\\_in\\_adolescents/drug\\_and\\_substance\\_use\\_and\\_abuse\\_in\\_adolescents.html](http://www.merckmanuals.com/home/childrens_health_issues/problems_in_adolescents/drug_and_substance_use_and_abuse_in_adolescents.html)

<http://www.ncadd.org/programs/awareness/index.html>

<http://www.nicd.us/statistics.html>

<http://www.nida.nih.gov/nidahome.html>

<http://www.drugfree.org/>

<http://www.samhsa.gov/>

<http://www.recoverymonth.gov/Recovery-Month-Kit/Targeted-Outreach/Workplace.aspx>

<http://www.recoverymonth.gov/Resources/Resources.aspx>

<http://www.recoverymonth.gov/>

## Program Resources

## Websites (click on links)

<b>Advancing Wellness</b>	<a href="http://www.advwellness.com/worksitewellness.htm">http://www.advwellness.com/worksitewellness.htm</a>
<b>American Heart Association (CPR training)*</b>	<a href="http://www.heart.org/HEARTORG/CPRAndECC/WorkplaceTraining/Workplace-Training_UCM_001122_SubHomePage.jsp">http://www.heart.org/HEARTORG/CPRAndECC/WorkplaceTraining/Workplace-Training_UCM_001122_SubHomePage.jsp</a>
<b>Associated Industries of MA*</b>	<a href="http://www.aimnet.org/AM/Template.cfm?Section=Safety_and_Health_in_the_Workplace&amp;Template=/TaggedPage/TaggedPage-Display.cfm&amp;TPLID=40&amp;ContentID=1922">http://www.aimnet.org/AM/Template.cfm?Section=Safety_and_Health_in_the_Workplace&amp;Template=/TaggedPage/TaggedPage-Display.cfm&amp;TPLID=40&amp;ContentID=1922</a>
<b>Atrius Health (Workplace Health)*</b>	<a href="http://www.healthwise.net/atriushealth/Find/Category.aspx?CAT=Workplace%20Health&amp;CATID=cat1041">http://www.healthwise.net/atriushealth/Find/Category.aspx?CAT=Workplace%20Health&amp;CATID=cat1041</a>
<b>Benefits Lab</b>	<a href="http://benefitslab.com/worksite-wellness/">http://benefitslab.com/worksite-wellness/</a>
<b>Blue Cross Blue Shield of MA Foundation*</b>	<a href="http://www.bluecrossma.com/national-health-care-reform/provisions/index.html?provision=1+1+370">http://www.bluecrossma.com/national-health-care-reform/provisions/index.html?provision=1+1+370</a>
<b>Boston Public Health Commission*</b>	<a href="http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&amp;ColumnDisplayName=Health%20Topics&amp;Value=Workplace%20Safety">http://www.bphc.org/SiteDirectory/Pages/categoryresults.aspx?Column=Health%5F0020%5FTopics&amp;ColumnDisplayName=Health%20Topics&amp;Value=Workplace%20Safety</a>
<b>Infinite Wellness Solution</b>	<a href="http://www.southshorehospital.org/health_info/healthinfo_home.htm">http://www.southshorehospital.org/health_info/healthinfo_home.htm</a> <a href="http://www.infinetwellnessolutions.com/health-calcuators.html">http://www.infinetwellnessolutions.com/health-calcuators.html</a> <a href="http://www.infinetwellnessolutions.com/free_wellness.htm">http://www.infinetwellnessolutions.com/free_wellness.htm</a> <a href="http://www.infinetwellnessolutions.com/mmhandouts.html">http://www.infinetwellnessolutions.com/mmhandouts.html</a>
<b>Interactive Health Solutions</b>	<a href="http://www.interactivehealthsolutions.com/howworks.asp">http://www.interactivehealthsolutions.com/howworks.asp</a>
<b>Kronos Optimal Health Company</b>	<a href="http://www.kronoshealth.com/Your_Companys_Health/Kronos_At_Work.aspx">http://www.kronoshealth.com/Your_Companys_Health/Kronos_At_Work.aspx</a> <a href="http://www.kronoshealth.com/Your_Companys_Health/Health_Education_Seminars.aspx">http://www.kronoshealth.com/Your_Companys_Health/Health_Education_Seminars.aspx</a>
<b>Mass in Motion*</b>	<a href="http://www.mass.gov/?pageID=eohhs2terminal&amp;L=5&amp;L0=Home&amp;L1=Consumer&amp;L2=Prevention+and+Wellness&amp;L3=Healthy+Living&amp;L4=At+Work&amp;sid=Eeohhs2&amp;b=terminalcontent&amp;f=dph_mass_in_motion_work_employers&amp;csid=Eeohhs2">http://www.mass.gov/?pageID=eohhs2terminal&amp;L=5&amp;L0=Home&amp;L1=Consumer&amp;L2=Prevention+and+Wellness&amp;L3=Healthy+Living&amp;L4=At+Work&amp;sid=Eeohhs2&amp;b=terminalcontent&amp;f=dph_mass_in_motion_work_employers&amp;csid=Eeohhs2</a>
<b>My Digital Wellness Coach</b>	<a href="https://mydigitalwellnesscoach.com/?gclid=CKPr36vVj6cCFYSK4AodDkmDcQ">https://mydigitalwellnesscoach.com/?gclid=CKPr36vVj6cCFYSK4AodDkmDcQ</a>
<b>National Institutes of Health</b>	<a href="http://www.nlm.nih.gov/medlineplus/occupationalhealth.html">http://www.nlm.nih.gov/medlineplus/occupationalhealth.html</a>
<b>National Institute for Occupational Safety and Health</b>	<a href="http://www.cdc.gov/niosh/">http://www.cdc.gov/niosh/</a>
<b>South Shore Hospital*</b>	<a href="http://www.southshorehospital.org/health_info/healthinfo_home.htm">http://www.southshorehospital.org/health_info/healthinfo_home.htm</a>
<b>University of Massachusetts Lowell</b>	<a href="http://www.uml.edu/centers/cph-new/">http://www.uml.edu/centers/cph-new/</a> <a href="http://www.uml.edu/centers/cph-new/Documents/CPH_NEW_Final_7-3-08.pdf">http://www.uml.edu/centers/cph-new/Documents/CPH_NEW_Final_7-3-08.pdf</a>
<b>Wellergize</b>	<a href="http://wellnessfair.ca/">http://wellnessfair.ca/</a>
<b>Wellness Council Of America</b>	<a href="http://welcoa.org/consulttrain/speaking.php">http://welcoa.org/consulttrain/speaking.php</a> <a href="http://www.welcoa.org/wellworkplace/">http://www.welcoa.org/wellworkplace/</a> <a href="http://www.welcoa.org/freeresources/index.php?category=20">http://www.welcoa.org/freeresources/index.php?category=20</a>
<b>Wellness Work Days, Inc.*</b>	<a href="http://www.wellnessworkdays.com/">http://www.wellnessworkdays.com/</a>
<b>Worksite Wellness Council of MA</b>	<a href="http://wwcma.org/">http://wwcma.org/</a>
<b>Your Wellness Advantage</b>	<a href="http://www.yourwellnessadvantage.com/a_healthier_workplace/healthy_dining/">http://www.yourwellnessadvantage.com/a_healthier_workplace/healthy_dining/</a>

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