

2010 Best Free Health Websites
Rockaway Township Library
<http://www.rtlibrary.org/links.html>

Wellness and Prevention

Real Age

<http://www.realage.com> Take the Real Age Test for a calculation of your “real age” vs. your chronological age, based on your health factors. Test results include a personalized plan to help you live healthier.

NJ Healthy Living

<http://www.healthynj.org/> Developed by the University of Medicine and Dentistry of NJ, features information about NJ health policies and issues, plus general info.

Everyday Health

<http://www.everydayhealth.com> Source for consumer health information, online support groups, recipes, news and questions answered by medical specialists.

General Health

WebMD

<http://www.webmd.com> WebMD is top-rated for general medical info as well as for finding a local doctor or hospital. It has up-to-the-minute news and a unique interactive “Symptom Checker”.

Mayo Clinic

<http://www.mayoclinic.com/> Easy-to-understand health and medical information about diseases and conditions . Great resources such as Health Tools, Treatment Decision Guides, blogs and pod casts, and Ask a Specialist feature.

MedlinePlus

<http://medlineplus.gov/> This is the definitive health information site from the US Government, a service of the National Library of Medicine

Family Doctor

<http://familydoctor.org> Clear and concise patient hand-outs for common medical concerns by American Academy of Family Physicians. Other features are medical dictionary, health calculators, Healthy Living Guides, and a Health Tip of the Day.

Finding a Doctor

New Jersey Physician Profiles

<http://12.150.185.184/dca/> New Jersey Division of Consumer Affairs website with information about the State's medical doctors, podiatrists and optometrists.

Questions Are the Answer

<http://www.ahrq.gov/questionsaretheanswer/index.html> Take an active role in your health care. Ask questions. Understand your condition. Evaluate your options.

AMA Physician Select

<http://www.ama-assn.org/aps/amahg.htm> Provides information on member physicians in the United States.

Medicare Participating Physician Directory

<http://www.medicare.gov/Physician/Home.asp> Information on participating doctors who have agreed to accept assignment on all Medicare claims and covered services.

Drug Information

Merck Manual

www.merck.com/mmhe The online Merck Manual is alphabetized and all-inclusive, and they tell you the last time the entries were updated. The "Drugs" tab has a information about medications, including medicinal herbs and supplements.

Drug Digest

<http://www.drugdigest.org> Access easy-to-read reference materials on topics ranging from drugs, drug interactions, vitamins, and herbs to current medical research and disease management. Free eBulletin health news and Senior Focus.

RX List

<http://www.rxlist.com/script/main/hp.asp> Internet drug index with information about supplements, pill identifier and dictionary

Diet and Nutrition

Making Healthy Food Choices

<http://www.americanheart.org/presenter.jhtml?identifier=1200009>

"My Grocery List" is a special feature that allows you to select from a list of healthy items, save it to your PDA, or print it out for an easier shopping trip.

Food Allergies

<http://www.foodallergy.org/> Food Allergy & Anaphylaxis Network (FAAN) provides information and works to advance research.

Wellsphere

<http://www.wellsphere.com/> Health and nutrition information made personal

Alternative Medicine

National Center for Complementary and Alternative Medicine

<http://nccam.nih.gov/health/>

Special Health Topics

Women's Health

<http://4woman.gov> The National Women's Health Information Center of the U.S. Department of Health and Human Services offers statistical information has a site for girls, Girls Health.gov at <http://www.4girls.gov>.

CDC Men's Health

<http://www.cdc.gov/men/> From the Centers for Disease Control, a website addressing men's health issues. Broad range of information for both consumers and health professionals. There are links to hundreds of articles on topics ranging from alcohol to obesity to reproductive health and workplace safety. Healthy living tips, leading causes of death and health statistics are included.

KidsHealth.org

<http://www.kidshealth.org> The Nemours Foundation's Center for Children's Health provides current information about child development, nutrition and fitness, and diseases and conditions. Information in English and Spanish.

Health and Age

<http://www.healthandage.com/> Written by medical professionals, it tracks conditions and questions for all ages.

American Cancer Society

www.cancer.org Cancer patients and their loved ones can feel overwhelmed by information, statistics, and options. This site is helpful in organizing information into manageable pieces, and it offers "Treatment Decisions Tools" to refine options.

HealthFinder

<http://www.healthfinder.gov/> Developed by U.S. Department of Health and Human Services, it links to 1,500 health-related organizations. Their Drug Interaction Checker, Online Checkups and health newsletters

Links to Lists of Good Health Websites

2010 CAPHIS Top 100 Health Websites You Can Trust

<http://caphis.mlanet.org/consumer/top100all.pdf>