

# Try These Women's Health Websites and Toll-free Numbers

*These phone numbers and websites provide important health information for women and their families. If you don't have Internet access, try your local library.*

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## **Ask.Screen.Know.**

➔ [www.askscreenknow.com](http://www.askscreenknow.com)

*Includes information about the Medicare diabetes screening benefit with access to a brochure and health recording tool to keep track of blood sugar and more.*

## **American Heart Association**

➔ [www.americanheart.org](http://www.americanheart.org)  
1-800-AHA-USA-1 (1-800-242-8721)

*Information and education on fighting heart disease and stroke.*

## **American Cancer Society**

➔ [www.cancer.org](http://www.cancer.org)  
1-800-ACS-2345 (1-800-227-2345)

*Information on the American Cancer Society and cancer-related topics.*

## **Healthfinder (U.S. Government)**

➔ [www.healthfinder.gov](http://www.healthfinder.gov)  
1-800-336-4797

*An award-winning Web listing hundreds of health information resources.*

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## **National Council on Aging**

➔ [www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org)  
*This web-based service is designed to help older adults, their families and caregivers find the right benefits and programs to meet their needs.*

## **The Heart Truth: A National Awareness Campaign for Women About Heart Disease**

➔ [www.hearttruth.gov](http://www.hearttruth.gov)

## **Medicare**

➔ [www.medicare.gov](http://www.medicare.gov)  
1-800-MEDICARE (1-800-633-4227)

*Help with Medicare questions.*

## **Mental Health America**

➔ [www.nmha.org](http://www.nmha.org)  
1-800-969-6642

*For a referral to specific mental health service or support program in your community.*

## **National Diabetes Information Clearinghouse**

➔ <http://diabetes.niddk.nih.gov>

## **National Heart, Lung and Blood Institute**

➔ [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)  
301-592-8573

## **National Women's Health Information Center, Office on Women's Health**

➔ [www.womenshealth.gov](http://www.womenshealth.gov)

## **National Women's Health Resource Center**

➔ [www.healthywomen.org](http://www.healthywomen.org)  
1-877-986-9472

*Information on hundreds of women's health topics.*

## **The National Women's Health Information Center**

➔ [www.4woman.gov](http://www.4woman.gov)  
1-800-994-9662

*Excellent U.S. government resource for women's health information and breastfeeding helpline.*

## **U.S. Food and Drug Administration**

➔ [www.fda.gov](http://www.fda.gov)  
1-888-INFO-FDA (1-888-463-6332)

*Information about prescription and over-the-counter drugs.*