

# Try These Toll-free Phone Numbers and Web Sites

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These phone numbers and Web sites provide important health and fitness information for women of all ages. If you don't have Internet access, try your local library.

## **American Diabetes Association**

**Toll-Free: 1-800-DIABETES**  
(1-800-342-2383)

**Web site: [www.diabetes.org](http://www.diabetes.org)**  
Information on prevention and management of diabetes.

## **American Heart Association**

**Toll-Free: 1-800-AHA-USA-1**  
(1-800-242-8721)

**Web site: [www.americanheart.org](http://www.americanheart.org)**  
Information and education on fighting heart disease and stroke.

## **American Cancer Society**

**Toll-Free: 1-800-227-2345**  
**Web site: [www.cancer.org](http://www.cancer.org)**

Information on the American Cancer Society and cancer-related topics, including breast cancer and ovarian cancer.

## **Arthritis Foundation**

**Toll-Free: 1-800-283-7800**

**Web site: [www.arthritis.org](http://www.arthritis.org)**  
Information on the Arthritis Foundation and its activities.

## **For Women: FDA**

**Web site: [www.fda.gov/ForConsumers/ByAudience/ForWomen/default.htm](http://www.fda.gov/ForConsumers/ByAudience/ForWomen/default.htm)**

## **Healthfinder**

**Web site: [www.healthfinder.gov](http://www.healthfinder.gov)**  
An award-winning government Web site listing hundreds of health information resources.

## **Medicare**

**Toll-Free: 1-800-MEDICARE**  
(1-800-633-4227)

Help with Medicare questions.

**Web site: [www.medicare.gov](http://www.medicare.gov)**  
Information on Medicare benefits and preventive services.

## **National Health Information Center**

**Toll-Free: 1-800-336-4797**

U.S. government agency. Provides referral services for health topics.

**Web site: [www.health.gov/NHIC](http://www.health.gov/NHIC)**

## **National Institute on Aging**

**Toll-Free: 1-800-222-2225**

Free information about healthy aging.

**Web site: [www.nia.nih.gov](http://www.nia.nih.gov)**

## **NIH Women's Health**

**Web site: [www.nlm.nih.gov/medlineplus/womenshealth.html](http://www.nlm.nih.gov/medlineplus/womenshealth.html)**

Free health information for women from the National Institutes of Health.