

Try These Toll-free Phone Numbers and Web Sites

These phone numbers and Web sites provide important health and fitness information for older adults. 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
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
Information and education on fighting heart disease and stroke.

American Cancer Society

Toll-Free: 1-800-227-2345
Web site: www.cancer.org
Information on the American Cancer Society and cancer-related topics.

Arthritis Foundation

Toll-Free: 1-800-283-7800
Free information about arthritis and the Arthritis Foundation.
Web site: www.arthritis.org
Information on the Arthritis Foundation and its activities.

Eldercare Locator

Toll-Free: 1-800-677-1116
Free help in locating senior services, locally or nationally.
Web site: www.eldercare.gov

Healthfinder

Web site: 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
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

National Institute on Aging

Toll-Free: 1-800-222-2225
Free information about healthy aging.
Web site: www.nia.nih.gov

NIH Senior Health

Web site: www.nihseniorhealth.gov
Free health information for older adults from the National Institutes of Health.