

# Web Sitings

## Comprehensive Veterans' Web Site

<http://snohomish.wa.networkofcare.org/Veterans/home/index.cfm>, a one-stop Web site for veterans includes a symptom checker (under the Library section) with a clickable map of the human anatomy. When users click on various body parts, a list of possible issues pops up. Users can then click on what they believe is their issue, answer a series of questions, and a recommendation will appear based on the user's answers.

The Service Directory section covers a wide array of topics, including animals/pet care assistance, caregiver and respite services, children and families, legal services, and transportation. The Personal Health Record section is a place where you can store your information on a secure, VeriSign-encrypted server (the same type of security used in online banking).

There is a listing found at the top of the page that leads a user to various links with helpful information. The assistive devices section lists areas that veterans can click on to find information such as "Aids for Daily Living," "Blind and Low Vision," "Communication," "Computers," "Controls," "Deaf and Hard of Hearing," "Deaf Blind," "Education," "Environmental Adaptations," "Housekeeping," "Orthotics," "Prosthetics," "Recreation," "Safety and Security," "Seating," "Therapeutic Aids," "Transportation," "Walking," "Wheeled Mobility," and "Workplace." The "Links" section is a list of government and nonprofit Web sites designed to address veterans' concerns.

## Simple Answers to Complex Mental Health Concerns

This simple-to-navigate Web site, <http://bettermentalhealth.net/resources.htm>,



The screenshot shows the homepage of the Snohomish County Network of Care for Service Members, Veterans & Their Families. At the top, there is a logo for Snohomish County and a navigation menu with links for Service Directory, Library, Social Networking, Legislate, Assistive Devices, Links, and Personal Health Record. A search bar is located at the bottom of the page. The page also features a section for "Find Local Resources" and a "Benefits" section.

will lead users to various mental health topics and help people handle various challenges in their daily lives. The slogan of the Web site is "Because You Can Get Better."

The site's blog has an article entitled, "PTSD: Why Humans Are Trauma Based," which explains how a person's nervous system may react to certain stimuli and the role a person's nervous system plays in posttraumatic stress disorder (PTSD). There are other blog entries about topics such as anxiety and fear.

Clicking on "Resources" brings you to a page where you can click on other links for official diagnostic criteria for anxiety, PTSD, depression, and phobia/fears. Helpful links appear below for users who would like more information.

## Health Guidelines at the Click of a Mouse

<https://www.guidewell.com/advisor/> bills itself as "your trusted advisor for a healthier and happier life." You need to register and create a UserID and password, but it's free. They ask you identifying questions (eg, gender, age, racial

background) before you register so they can create a health profile and tailor recommendations. Scrolling to the bottom of the home page brings you to a list of recommendations. Some possible items that might show up are recommendations about body mass index (BMI), blood pressure, blood glucose, cholesterol, and chickenpox. Under the BMI paragraph, users will find a formula to calculate their BMI. Site visitors can fill out a health profile, which includes height and weight. You can also enter lab results and measurements, including an abdominal aortic aneurysm screening, a bone density test, certain cancer screenings, dental exams, a mammogram screening, and aspirin use.

Clicking on the Motivator section (where you have to sign in again) and answering a list of questions brings you to a page where you can choose 1 (or more) health goal(s) to strive for, and the site will send you motivating e-mails. This site is designed to help users live a healthier life and keep track of their progress in a myriad of ways. Products are recommended to help users achieve their goals and will appear on the user's home page. ●