

Web Sitings

Online Caregiver Community

This interactive caregiver resource Web site www.caregivervillage.com explains that many caregivers become depressed (40% to 70% report feeling depressed) and become sick at nearly twice the rate of chronic illnesses as their noncaregiving peers.

The site invites you to “Solve the Mystery,” a detective game starring a caregiver, “Share Your Story,” “Get Connected,” “Find Resources,” and “Search.” At the bottom of each page there is a section called “The Village News,” which contains “Tips of the WEEK” along with other useful information.

The “Search area” includes a list of books about frequently searched topics such as general aging, disabilities, and war-related injuries. The game invites you to watch Cara struggle with her new caregiving tasks since her father requires assistance and her mother is deceased, leaving Cara with this huge responsibility. The game is designed to help caregivers have fun and learn new information about how to deal with caregiving issues. The “Share Your Story” section contains a journal that you can either set to private or allow other community members access. “Get Connected” gives you the chance to connect with other caregivers who know the unique concerns involved with caregiving and helps reduce the stress associated with that level of responsibility.

One-Stop Vaccine Web Site

“Your best shot at good health” is the slogan on the Web site www.vaccines.gov. On the home page are timely, rotating informational pieces about diseases that are important to vaccinate against. Scrolling to the bottom of the home page leads users to a site map, the site’s partners, related Web sites,



and additional information.

“The Basics” tab brings site users to information about safety, effectiveness, prevention, and protection. Clicking on “protection” reveals images that illustrate how the immunization of most people protects the general public, even those who are unable to get immunized themselves. The “Diseases” tab lists diseases for which there is an available vaccine.

Clicking on the individual disease shows a list of vaccination recommendations such as the targeted demographic (eg, adolescents aged 11-18), information about who should not receive the vaccine, and a link to information in Spanish. There are tabs for “Vaccine Basics,” “About [insert disease name here],” and “Take Action,” which provides more information about each disease.

Government Health Solutions Online

Humana Military Healthcare Services bills itself as “The most trusted name in government health solutions.”

<http://www.humana-military.com> has 3 sections you can click on: “Beneficiaries,” “Provider,” and “Government.”

The “Beneficiaries” section contains information for TRICARE beneficiaries, including active duty personnel. Beneficiaries can search for a primary care manager, search by specialty/facility, search by name, or search by type of service. Clicking on TRICARE plans leads to a list of plans and programs. Clicking on the individual plans or programs leads to a page with links with information such as “Key Features,” “Find a Provider,” “Getting Care,” “Pharmacy Services,” “Referrals/Authorizations,” “Services, Limitations & Exclusions,” and “Claims.”

After clicking on “Beneficiaries,” site users can click on “Health & Wellness,” a page with links to relevant, new health information on “behavioral health,” “disease management,” “fighting obesity,” “immunizations,” “cancer clinical trials,” “smoking cessation services,” and “preventive screening,” and “Health Information Library,” which boasts a “Safety and Awareness” section.