

Web Sitings

Insurance Explained Online

The site, <http://www.healthcare.gov>, explains how users can take their health insurance needs into their own hands. The “Find Insurance Options” tab leads to a page where users choose the state they live in and the population demographic (ie, pregnant woman, senior) that best describes them. This leads to a page of options that are available, such as health insurance through work, health insurance plans for individuals and families, preexisting condition insurance plan (PCIP)/High Risk Pool, and finding care you can afford.

“Get Help Using Insurance” brings users to a page on information about “Your Insurance Company and Rate Increases,” “Managing Your Insurance,” “Understanding Insurance,” “Free or Low-Cost Care,” Medicare and Long-Term Care,” and “Employers and Self-Employed.”

“Comparing Care Providers” allows users to compare physicians, hospitals, nursing homes, home health agencies, and dialysis facilities. “Prevention and Wellness” allows users to access information about free preventive services. “Newsroom” leads to press releases about recent health reform laws along with fact sheets, speeches, and brochures.

Click for Weight Loss

<http://www.easyweightlossonline.com.au> offers tips on how to lose weight and be healthy without pills, shakes, meetings, or gym memberships. The fitness calculator brings users to a page where they can calculate their basal metabolic rate (BMR) and body mass index (BMI). The measurements are in kilograms, but users can convert pounds to kilograms at <http://www.metric-conversions.org/weight>

HealthCare.gov
Take health care into your own hands

Find Insurance Options | Get Help Using Insurance | The Health Care Law & You | Comparing Care Providers | Prevention & Wellness

Explore your coverage & pricing options
Find out which private insurance plans, public programs and community services are available to you.
Pick Your State [dropdown] [GO]

Your Health Care, Explained
Need help? Get **consumer assistance** in your state
Learn More

Tax Credits for Small Businesses
Thanks to the Affordable Care Act, the **Small Business Health Care Tax Credit** will benefit an estimated 360,000 small employers who provide health insurance to 2 million workers in tax year 2011.
Learn more about small businesses and the Affordable Care Act.
Find out about health care options for your business.

<http://www.healthcare.gov>

[/pounds-to-kilograms.htm](#).

“Diet Plan” brings users to a page where they can get “Example Recipes,” to assist in weight loss, and an “Example Day,” featuring a daily menu as well as a workout to do at home, including exercises such as lunges, pushups, and oblique crunches. The site administrators urge users to get an all-clear from their physician before starting this diet and exercise plan.

The “Diet Tips,” page offers advice, such as drink lots of water, think of reasons for weight loss to stay motivated, check food labels for sugar levels, and keep a food diary. The blog features entries from people who use the guidelines detailed on the site to lose weight and eat healthier foods.

Online PTSD Support

A Web site of Fearless Nation PTSD Support, <http://www.fearless-nation.org>, provides knowledge about this frequently misunderstood condition. The home page is filled with links to information for people with posttrau-

matic stress disorder (PTSD) to be savvy consumers when seeking treatment and arm those suffering with PTSD with information to dispute those who insist PTSD is not a real condition.

Site users also have the opportunity to join free online support meetings. Underneath the notice for free online support are links to various social networking sites where people with PTSD can connect with one another outside of the site.

The “Education” link brings users to a page with many links of information about what PTSD is, diagnostic tests, finding the right therapist, holiday coping skills, survivor guilt, and healthy grieving. This page contains pictures of the human brain with PTSD and without PTSD and underneath them the caption, “PTSD is a REAL injury. Not a political or social opinion.” “Awareness” links to Fearless Nation events, an account of a plane crash survivor, testimonials, talking points, and giving back to help fellow survivors. ●