

Health Resources for Men

General Health

National Women's Health Information Center (NWHIC)

What About Men's Health?

Phone: 1-800-994-9662; TDD 1-888-220-5446

Internet: www.womenshealth.gov/mens

U.S. Department of Health and Human Services (HHS)

Internet: www.hhs.gov/specificpopulations

Healthfinder®

Internet: www.healthfinder.gov/justforyou

U.S. National Library of Medicine National Institutes of Health

MedlinePlus

Internet: www.nlm.nih.gov/medlineplus/healthtopics.html

Men Shoot for 9

National Cancer Institute

Internet: www.5aday.gov/9aday

Fatherhood Initiative

U.S. Department of Health and Human Services

Internet: <http://fatherhood.hhs.gov/index.shtml>

Centers for Disease Control and Prevention (CDC)

Men's Health

Phone: 1-800-311-3435

Internet: www.cdc.gov/men

Centers for Disease Control and Prevention (CDC)

HIV/AIDS

Phone: 1-800-CDC-INFO

Internet: www.cdc.gov/hiv

Agency for Healthcare Research and Quality (AHRQ)

Internet: www.ahrq.gov/path/menpath.htm

Heart Health

National Heart, Lung, and Blood Institute (NHLBI)

Internet: www.nhlbi.nih.gov

American Heart Association

Phone: 1-800-AHA-USA-1

Internet: www.americanheart.org

Cancer

National Cancer Institute

Phone: 1-800-4-CANCER

Internet: www.cancer.gov

American Cancer Society

Phone: 1-800-ACS-2345

Internet: www.cancer.org

Mental Health

National Institute of Mental Health (NIMH)

Phone: 1-866-615-6464

Internet: www.nimh.nih.gov

**Substance Abuse and Mental Health
Services Administration (SAMHSA)
Mental Health Information Center**

Phone: 1-800-789-2647;

TDD 1-866-889-2647

Internet:

www.mentalhealth.samhsa.gov

**Substance Abuse and Mental Health
Services Administration (SAMHSA)
National Clearinghouse for Alcohol and
Drug Information**

Phone: 1-800-729-6686;

TDD 1-800-487-4889;

En Español: 1-877-767-8432

Internet: <http://ncadi.samhsa.gov>

**Urologic and Reproductive
Health**

**National Kidney and Urologic Diseases
Information Clearinghouse**

Phone: 1-800-891-5390

Internet: <http://kidney.niddk.nih.gov>

**American Foundation for Urologic
Diseases**

Phone: 1-866-RING-AUA

Internet: www.afud.org

Health Resources for Children

General Health

National Women's Health Information Center (NWHIC)

Girls Health

Phone: 1-800-994-9662; TDD 1-888-220-5446

Internet: www.girlshealth.gov

U.S. Department of Health and Human Services (HHS)

Internet: www.hhs.gov/specificpopulations

U.S. National Library of Medicine National Institutes of Health MedlinePlus

Internet: www.nlm.nih.gov/medlineplus/healthtopics.html

Food and Drug Administration (FDA) FDA Kid's Page

Phone: 1-800-216-7331

Internet: www.fda.gov/oc/opacom/kids/default.htm

Centers for Disease Control and Prevention (CDC)

VERB™ It's What You Do

Phone: 1-800-CDC-INFO

Internet: www.cdc.gov/youthcampaign

Internet: www.verbnow.com

Centers for Disease Control and Prevention (CDC)

Raising Safe and Healthy Kids

Internet: www.cdc.gov/women/owh/kids

National Institute on Deafness and Other Communication Disorders (NIDCD)

WISE EARS!® Hearing Matters

Phone: 1-800-241-1044;

TTY 1-800-241-1055

Internet: www.nidcd.nih.gov/health/wise

American Academy of Pediatrics

Internet: www.aap.org

Substance Abuse and Mental Health Services Administration (SAMHSA) Building Blocks for a Healthy Future

Phone: 1-800-273-8255;

TTY 1-800-779-4889

Internet: www.bbblocks.samhsa.gov

Internet: www.samhsa.gov

Substance Abuse and Mental Health Services Administration (SAMHSA) Family Guide to Keeping Youth Mentally Healthy and Drug-free

Phone: 1-800-273-8255;

TTY 1-800-779-4889

Internet: www.family.samhsa.gov

Internet: www.samhsa.gov

Kidshealth.org

Internet: www.kidshealth.org

Kids Growth

Internet: <http://kidsgrowth.com>

Agency for Healthcare Research and Quality (AHRQ)

Internet: www.ahrq.gov/child

Girl Power! Campaign

Internet: www.girlpower.gov

Health Resources and Services Administration (HRSA)

My Bright Future: Physical Activity and Healthy Eating Tools for Young Women

Internet: www.hrsa.gov/womenshealth/mybrightfuture/menu.html

Child Abuse

Prevent Child Abuse America

Phone: (312) 663-3520

Internet: www.preventchildabuse.org

Cancer

National Cancer Institute

Phone: 1-800-4-CANCER

Internet: www.cancer.gov

Childhood Asthma

American Lung Association

Phone: 1-800-LUNGUSA

Internet: www.lungusa.org

Childhood Diabetes

National Diabetes Information Clearinghouse

Phone: 1-800-860-8747

Internet: <http://diabetes.niddk.nih.gov>

American Diabetes Association

Phone: 1-800-DIABETES

Internet: www.diabetes.org

Immunizations

Centers for Disease Control and Prevention (CDC)

National Immunization Program

Phone: 1-800-CDC-INFO;

TTY 1-888-232-6348

Internet: www.cdc.gov/nip

American Academy of Pediatrics Immunizations Initiatives

Internet: www.cispimmunize.org

Immunization Action Coalition

Internet: www.immunize.org

Child Nutrition

Powerful Bones. Powerful Girls.

The National Bone Health Campaign

Internet: www.cdc.gov/powerfulbones

U.S. Department of Agriculture

Food and Nutrition Service

Child Nutrition Division

Internet: www.fns.usda.gov/cnd

Safety and Injury Prevention

Health Resources and Services Administration (HRSA)

Maternal and Child Health Bureau

Stop Bullying Now Campaign

Internet: <http://stopbullyingnow.hrsa.gov>

Centers for Disease Control and Prevention (CDC)

National Center for Injury Prevention and Control

Phone: 1-800-CDC-INFO

Internet: www.cdc.gov/ncipc

National SAFE KIDS Campaign

Phone: (202) 662-0600

Internet: www.safekids.org

National Highway Traffic Safety Administration

Car Seat Safety and Installation

Phone: 1-888-327-4236

Internet: www.nhtsa.dot.gov

Consumer Product Safety Commission

Keep Your Child's Playground Safe

Phone: 1-800-638-2772;

TTY 1-800-638-8270

Internet: www.cpsc.gov/cpscpub/pubs/playpubs.html

American Heart Association

CPR and Basic Life Support Skills for Children

Phone: 1-800-AHA-USA-1

Internet: www.americanheart.org

National Child Identification Program

Internet: www.childidprogram.com

U.S. Pharmacopeia

Children and Medicines

Phone: 1-800-227-8772

Internet: www.usp.org/druginformation/children

Visit **healthfinder®** for information just for you

www.healthfinder.gov/justforyou

Resources for Health Insurance



Each year, more American families find themselves without health insurance. In 2004, more than 45 million Americans didn't have health insurance. Sixteen million of them were women. These programs and resources may be able to help you and your family.

Government Resources That Can Help

The Centers for Medicare and Medicaid Services (CMS), a federal government agency, administers health insurance programs such as Medicare, Medicaid, and the State Children's Health Insurance Program.

Medicare

Medicare is a health insurance program funded by the U.S. government. To qualify

for these benefits, you must be 65 years old or older, or younger than 65 with certain disabilities, or a person of any age who has end-stage renal disease. (A person who has end-stage renal disease has permanent kidney failure that requires dialysis or a kidney transplant.)

Medicare has several parts. Your coverage depends on which parts of Medicare you have. Medicare Part A typically pays for your inpatient hospital expenses. Medicare Part B typically pays for your outpatient healthcare expenses, including doctor fees. You usually have to pay a monthly premium to be covered by Medicare Part B.

Beginning January 1, 2006, everyone who has Medicare is now eligible for prescription drug coverage through the new Medicare Part D. This coverage is available regardless of your income and resources, your health status, or how much your prescriptions cost. It covers both brand-name and generic prescription drugs at participating pharmacies in your area. Medicare prescription drug coverage provides protection for people who have very high drug costs.

For general information, 24 hours a day, 7 days a week,

- ◆ Call toll-free at 1-800-MEDICARE (1-800-633-4227) or TTY 1-877-486-2048.
- ◆ Internet: www.cms.hhs.gov/home/medicare.asp

- ◆ Internet: The Official U.S. Government Site for People with Medicare: www.medicare.gov

If you have a limited income and resources, you may be eligible for extra help with your prescription drug costs. Almost 1 in 3 people with Medicare qualify for having almost all of their prescription drug costs paid for by the program. To find out if you are eligible for extra help, contact the Social Security Administration.

- ◆ Call the U.S. Social Security Administration toll-free at 1-800-772-1213 (TTY 1-800-325-0778).
- ◆ Internet: www.socialsecurity.gov

Medicaid

Medicaid is a health insurance program jointly funded by states, counties, and the U.S. government. Medicaid provides medical benefits to groups of low-income people that meet certain age, income, and resource requirements. People who have certain medical conditions such as blindness or who are pregnant may also qualify. Whether a person is eligible for Medicaid depends on the state where he or she lives.

In general, you should apply for Medicaid if your income is low and you or someone in your family needs health care. A qualified caseworker in your state can give you guidance about your situation. Your child may be eligible for coverage, even if you are not.

To find out more about Medicaid in your state,

- ◆ Call the toll-free number for your state. A list of toll-free numbers can be reached through the CMS web site at www.cms.hhs.gov/medicaid/consumer.asp.

State Children's Health Insurance Program (SCHIP)

Like Medicaid, the State Children's Health Insurance Program (SCHIP) is a partnership between the federal government and the states. SCHIP is designed to provide health insurance coverage to specific groups of low-income children. Families who earn too much money to be eligible for Medicaid but not enough money to purchase private health insurance may be eligible to get health insurance for their children.

Each state determines how its program is designed, who is eligible, what the benefits are, how costs are shared, and other features. For little or no cost, this insurance pays for children's doctor visits, immunizations, hospitalizations, and emergency room visits.

For more information about SCHIP, go to their website at www.cms.hhs.gov/home/schip.asp.

To learn whom you should contact in your state or to read specific information about eligibility in your state, go to Insure Kids Now at www.insurekidsnow.gov.

Other Government Programs and Benefits

To learn about the government benefits you may be entitled to,

- ◆ Call toll-free at 1-800-FED-INFO (1-800-333-4636). Calls are answered Monday through Friday, 8 a.m. to 8 p.m., Eastern Standard Time.
- ◆ Internet: www.govbenefits.gov

Other Public Government and Private Resources That Can Help

For women who make too much money to qualify for these federal and state programs but who can't afford to pay for health insurance or costly health services, the choices are limited and difficult. Public and private resources may be able to help.

- ◆ **“Safety-net”** facilities. Community health centers, public hospitals, school-based centers, public housing primary care, and special need facilities. Contact your local or state health department for more information or go to <http://ask.hrsa.gov/pc>.
- ◆ **Free clinics.** Free clinics provide health-care services for the uninsured. To find a free clinic, go on the Internet to www.freeclinic.net or call (540) 344-8242.
- ◆ **Prescription drug assistance.** Some states provide prescription drug assistance to women who cannot get Medicaid. Many drug companies will work with your doctor to provide free medicines to those

in need. A list of resources can be found on the Internet at www.disabilityresources.org/RX.html.

- ◆ **Women with cancer.** Women with cancer can find help through a variety of government-sponsored and volunteer organizations. For accurate, up-to-date information on cancer and resources for people dealing with cancer, go to the web site of the National Cancer Institute (www.cancer.gov). You can also visit the Cancer Information Service of the National Cancer Institute on the Internet (<http://cis.nci.nih.gov>). To get answers to specific questions about cancer, call them at 1-800-4-CANCER (1-800-422-6237), Monday through Friday, 9:00 a.m. to 4:30 p.m. You can speak with a Cancer Information specialist. Deaf and hard of hearing callers with TTY equipment can call 1-800-332-8615.
- ◆ **Women with HIV.** The federal Ryan White CARE Act funds healthcare services for women with HIV/AIDS who do not have health insurance or the financial resources to pay for care. To locate a CARE provider, contact your local or state health department or call 1-800-994-9662.
- ◆ **Group health insurance.** Some states and localities, labor unions, professional clubs, associations, and organizations offer low-cost group health insurance to its members. These plans usually cost less than individual insurance and can be worth considering.

- ◆ **Temporary insurance.** Some individuals who have been denied health insurance because of a medical condition may be able to obtain coverage through their state's "risk pools." More than 30 states provide this temporary insurance assistance. For more information, go to the web site of HealthInsurance.org at www.healthinsurance.org/riskpoolinfo.html.

Protect Your Health Insurance Coverage

If you have health insurance, you should know how to protect that insurance coverage. If you are losing your health insurance because you have lost your job, have reduced hours at work, have gotten a divorce, or have had your spouse die, you have certain rights and protections. These rights are described in the Health Insurance Portability and Accountability Act of 1996, or HIPAA.

Tips: What To Do

- ◆ Obtain proof that you had previous health insurance coverage from your employer.
- ◆ Apply for COBRA, which stands for the Consolidated Omnibus Budget Reconciliation Act of 1985. COBRA requires most employers that have 20 or more employees to allow you to continue your health insurance for 18 months, but you must pay the full premium cost of the insurance. Ask your employer's human resources office about when and how you should apply for these benefits.
- ◆ Consider your health insurance situation carefully before agreeing to certain terms and conditions. It is especially important to think about your healthcare needs when you are separated from your spouse, divorced, or are a retiree with annuities.
- ◆ In a legal separation or divorce proceeding, you can get a court order to provide your children with health insurance under the health plan of the noncustodial parent. This act is called a qualified medical child support order.
- ◆ Act quickly to get the right information to protect you and your family. File any required forms promptly. Strict time limits often apply.

For more information about HIPAA,

- ◆ Call 1-866-627-7748.
- ◆ Internet: www.cms.hhs.gov/HIPAAGenInfo

For more information on health insurance choices, go to the web site of the Agency for Healthcare Research and Quality at www.ahrq.gov/consumer.

Regional Women's Health Coordinators

In addition to its office in Washington, DC, the Office on Women's Health supports the work of ten Regional Women's Health Coordinators (RWHCs). They are based in the ten regions of the U.S. Public Health Service, within the U.S. Department of Health and Human Services. They promote the health of women and girls at regional, state, and local levels. Wherever you live in this country, you can call, write, or e-mail your nearest Regional Women's Health Coordinator to learn about events, education programs, and resources in your area.

Region I - CT, MA, ME, NH, RI, VT

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Region X - AK, ID, OR, WA

Marian Mehegan, DDS, MPH

Seattle, WA

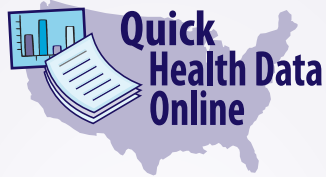
Phone: (206) 615-2024

E-mail: Marian.Mehegan@hhs.gov

Quick Health Data Online



Do you need health statistics for your area?



Try Quick Health Data Online at:
www.womenshealth.gov/quickhealthdata

The National Women's Health Indicators Database, recently renamed Quick Health Data Online, provides county, state, regional, and national health statistics. This free database includes comprehensive data for both women and men, from 1998 to 2004 on a variety of health-related topics.

What is Quick Health Data Online?

- A national database of key health indicators
- County, state, national, and territory data
- Data available by gender, race, and, in some cases, age
- Data available for 2000, 2001, 2002, and when available 2003 and 2004
- *Healthy People 2010* targets and associated data
- Counts, rates, age-adjusted rates; single-year and three-year averages

With Quick Health Data Online you can easily:

- Compare your locality with others across the country
- View data by county type (e.g., border county, rural/urban status, frontier)
- Examine data trends over time
- Map data at the county, state, and national levels
- Create charts and reports
- Export data to other applications

Data in the system are organized into the following major categories:

- Codes and Status
- Mortality
- Infectious/Chronic Disease
- Maternal Health
- Violence and Abuse
- *Healthy People 2010*
- Demographics
- Access to Care
- Reproductive Health
- Mental Health
- Prevention

Quick Health Data Online contains more than 1,400 unique variables with details available by gender, race, and year.



A project of the U.S. Department
of Health and Human Services'
Office on Women's Health



womenshealth.gov

1-800-994-9662

TDD: 1-888-220-5446

NWHIC's Web Site on Girls Health

It's hard enough getting your kids to talk to you.

What do you say to them once they do?

Turn to girlshealth.gov for information that will help you talk to the young women in your life about bullying, drugs, alcohol and smoking, stress, relationships, and more.

Our Parents and Caregivers page has tools that can help make the important issues easy to talk about. Visit www.girlshealth.gov/parents.

The mission of girlshealth.gov is to promote healthy, positive behaviors in girls between the ages of 10 and 16. We have the most up-to-date, non-commercial, and reliable girls' health information around.



*A project of the U.S. Department of
Health and Human Services'
Office on Women's Health*

Visit
girlshealth.gov or
call 1-800-994-9662 today for
FREE posters, brochures,
and postcards for
the girls you
care about.

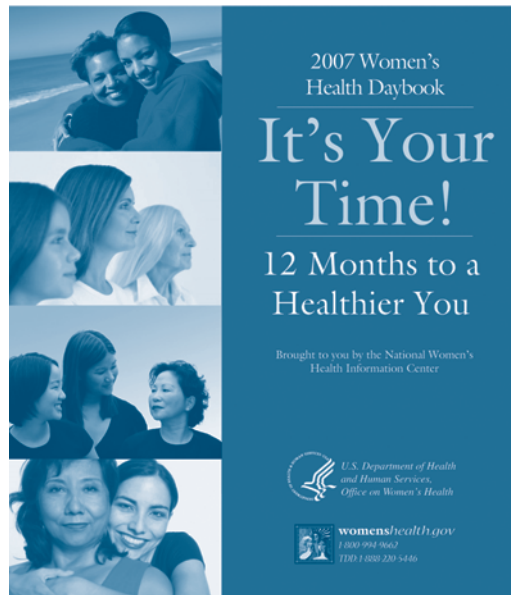


girlshealth.gov

You are the Rhythm of the Universe! Mind, Body and Spirit!

NWHIC's Web Site on Girls Health

Acknowledgments



It's Your Time: 12 Months to a Healthier You

is a product of the U.S. Department of Health and Human Services,
Office on Women's Health.

Daybook Committee

Barbara Diskind, Adrienne Barnes, Sarah Stone,
Joyce Cusack, Valerie Scardino, Ann Abercrombie

Special thanks to the Centers for Disease Control and Prevention, the National Institutes of Health, the Administration on Aging, the Agency for Healthcare Research and Quality, the Substance Abuse and Mental Health Services Administration, the Centers for Medicare & Medicaid Services, the Administration for Children and Families, and the Health Resources and Services Administration for their medical review.

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National Women's Health Information Center
8270 Willow Oaks Corporate Drive
Fairfax, VA 22031

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Citations

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Name _____
Address _____
Phone _____ E-mail _____

Emergency Medical Information

Blood Type _____
Allergies _____
Hospital Preference _____
Address _____
Phone _____
My Doctor _____
Address _____
Phone _____
Current Medications _____

Nearest relative or friend to call (listed in the order I would like them to be called)

Name _____
Phone _____
Address _____
Name _____
Phone _____
Address _____

I have designated Durable Power of Attorney for Health Care (someone who makes health care decisions for you if you become unable to do it yourself)

My Health Care Agent _____
Phone _____
Living Will _____

I have designated Financial Power of Attorney (someone who controls your finances and assets if you become physically or mentally unable to do it yourself)

My Attorney _____
My Court-Appointed Guardian _____

Insurance Information

Primary Insurance _____
Contacts _____
Customer Service
Phone Number _____
Identification # _____
Secondary Insurance _____
Contacts _____
Customer Service
Phone Number _____
Identification # _____
Medicare Number _____
Medicaid Numbers _____

Notes _____

