

From Coverage to Care Community Presentation

RESOURCES

In addition to the information found in the *Roadmap to Better Care and A Healthier You*, you may find these websites to be helpful.

Marketplace: www.healthcare.gov or call 1-800-318-2596

Medicare: www.medicare.gov or call 1-800-Medicare

Step 1, Put Your Health First:

Find Out Which Preventive Services You Need

www.healthfinder.gov

Be Active Your Way

www.health.gov/paguidelines/guidelines

Physical Activity Basics

www.cdc.gov/physicalactivity/basics/index.htm

Nutrition Basics

www.cdc.gov/nutrition/everyone/index.html

My Plate

www.choosemyplate.gov

Relaxation:

www.mentalhealth.gov

My Family Health Portrait

<https://familyhistory.hhs.gov>

My Medicine Record

www.fda.gov/Drugs/ResourcesForYou/ucm079489.htm

Step 4, Find a Provider:

Find a health center near you

<http://findahealthcenter.hrsa.gov>

Find a mental health provider

<http://findtreatment.samhsa.gov>



C2C Resources are available in print and online!
<http://marketplace.cms.gov/c2c>

