

CMGS WELLNESS RESOURCES

CPS WELLNESS RESOURCES

CareAllies Programs:

CareAllies, a medical management organization in service for more than 35 years, delivers the following programs for Concordia Health Plan members:

- [24-Hour NurseLine](#) (Not available for Medicare Members)
- [Health Risk Assessment](#)
- [Health Advisor Program](#)
- [Smart Steps Disease Management](#) (Not available for Medicare Members)
- [Lifestyle Management Programs](#)
- [Frequently Asked Questions about the Programs](#)
- [http://www.concordiaplans.org/DetailPage.aspx?ID=270 - #](http://www.concordiaplans.org/DetailPage.aspx?ID=270)

24-Hour NurseLine:

Concordia Health Plan members have 24/7 toll-free phone access to Registered Nurses for medical advice.

800-605-6621 (Not available for Medicare Members):

[http://www.concordiaplans.org/DetailPage.aspx?ID=270 - #](http://www.concordiaplans.org/DetailPage.aspx?ID=270)

Health Risk Assessment:

Concordia Health Plan members can know their personal health status in 15 minutes by taking the HealthQuotient™ Health Risk Assessment (HRA).

This secure, online questionnaire provides participants with an accurate assessment of their health risks. Once the risks are calculated, the results can be printed and discussed with their physician during the next visit.

If health risks are present, a CareAllies Health Advisor, which may be a Certified Health Education Specialist, Nurse, Behaviorist, or Nutritionist, will make a personal phone call to the participant to set up a program to help the participant succeed in making lifestyle changes to reduce or manage those health risks. This program is similar to having a personal coach.

A Health Advisor will normally contact workers with the following conditions:

- High blood pressure
- High cholesterol
- Pre-diabetes
- Stress
- Weight Management
- Tobacco use

www.mycareallies.com (password is LCMS).

Smart Steps Disease Management (Not available for Medicare Members)

This program provides Concordia Health Plan members dealing with a chronic health condition a plan to help manage their condition. Members receive personal assistance from experienced registered nurses and other clinicians. The clinicians provide support, help develop actions plans, and reinforce behavior changes to help members monitor and manage their condition. By following the managed plan, members learn to anticipate their symptoms and better manage them to reduce the risk of complications.

<http://www.concordiaplans.org/DetailPage.aspx?ID=270> - #

Lifestyle Management Programs:

Concordia Health Plan members who choose to make a change regarding weight loss, smoking cessation, and stress management can call 1-800-605-6621 to get in touch with a CareAllies personal coach who will help set up a program to achieve success in these areas.

<http://www.concordiaplans.org/DetailPage.aspx?ID=270> - #

Healthy Rewards:

Discounts on health and wellness products through CIGNA Behavioral Health are available for Concordia Health Plan Members.

Using Healthy Rewards:

- Go to [MyCareAllies](#)
- Enter the password: LCMS
For the question "Do you have benefit coverage with CIGNA?" Click "NO" if you have Blue Cross Blue Shield coverage, and click "YES" if you are covered under the CIGNA HMO medical coverage.
- Click on "Member Discounts"

Savings:

- Acupuncture 25%
- Chiropractic Care 25%
- Massage Therapy 25%
- SpaFinder 10% off a gift certificate
- Fitness Clubs Up to 60%
- Curves Discounted service fee
- Healthyroads for Living (Tobacco Cessation) Up to 10%
- QuitNet Up to 35%
- Tobacco Solutions Up to 54%
- Jenny Craig Up to 50%
- Weight Watchers Save on registration and enrollment
- Anti-Cavity Product Up to 50%
- Sonicare toothbrush 31% off the retail price of \$85
- Cooking Light Mag. Free trial and discounted subscription
- Health Magazine Free trial and discounted subscription
- Yoga DVDs Up to 30% (use code 05CIGNA06)
- Mayo Clinic Books Up to 10% (enter promo code: HealthyReading)
- Natural Supplements Up to 40%

Health and Wellness Flyers:

www.ConcordiaPlans.org

Clicking on “Health Resources” for reproducible materials to be used by teachers, parish nurses – anyone!

[Arthritis Can be a Pain](#)

[Carbon Monoxide is a Silent Killer](#)

[Church Attendance Lowers Mortality](#)

[Depression is More Than Being Sad](#)

[Flu Facts and Myths](#)

[Focus on Men's Health: Prostate Cancer](#)

[Forgiveness Improves Your Health](#)

[Halloween Safety](#)

[Ingredients for a Happy Family](#)

[Know Your Cholesterol Levels](#)

[Snow Shoveling Safety](#)

[Stay C.A.L.M. when your Child has a Fever](#)

[Ten Steps to Positive Parenting](#)

[Think Positively and Live Longer](#)

[Turn Off, and Tune In to Family](#)

[When Children Misbehave](#)

SYNOD-LINKED HEALTH SITES

Planning a Congregational Health Fair:

For Health Advocates, Parish Nurses, Human Resources Reps, etc.

- Wheatridge Ministries www.wheatridge.org
- Click on “Ministry Resource Center”

Wellness Wheel:

For Health Advocates, Parish Nurses, Human Resources Reps, church workers, etc.

- Wheatridge Ministries www.wheatridge.org
- Click on “Ministry Resource Center”

Church Worker Sabbaticals/Living-Well Days:

[Wheatridge Ministries](#) - Living Well Days for Professional Church Workers

[Wheatridge Ministries](#) - Ministry Sabbatical Resource Center

CMGS WELLNESS RESOURCES

GRACE PLACE RETREATS

Grace Place Retreats: is a Recognized Service Organization of the LCMS. They believe the health of church workers is integral to the growth of their ministry. Grace Place is a continuing education ministry that enables Lutheran church workers to pause and reflect on all aspects of their health, and then to grow in their ministry.

They believe Jesus has called the Shepherds of His church (pastors and educators alike) to an important and valuable service. However, the pressures of ministry today on professional church workers can be physically, emotionally, and financially devastating and overwhelming! Grace Place offers preventative wellness skills, attitudes, and resources to our Lutheran professional church workers, so they can experience and live the abundant lives to which Jesus Christ has called them.
www.graceplaceretreats.org

CMGS WELLNESS RESOURCES

HEALTH RESOURCES

Associations:

Alzheimer's Association

Information on living with Alzheimers and information for caregivers and health professionals make this the comprehensive site on Alzheimer's Disease. Message boards and chat rooms provide support and additional information sharing.

www.alz.org

American Cancer Society

Information on Prevention and treatment. Also in Spanish

www.cancer.org

American Diabetes Association

Extensive interactive tools add information and interest to this lively website. Diabetes assessment tools, recipes, weight-loss and exercise advice, latest diabetes research and a professional section add additional information. Information about ADA books, a message board, and an email newsletter are also included.

www.diabetes.org

American Dietetic Association

www.eatright.org

American Heart Association

Extensive information on heart disease and stroke, children's health, healthy lifestyle, caregiving, and a heart and stroke encyclopedia make this the premier source for information on these conditions. There is also a link to the website of American Stroke Association, a division of the American Heart Association, which shares some of the same information on its website at www.strokeassociation.org. Local area events and local chapters are covered and some scientific and professional materials are also available.

www.americanheart.org

High Blood Pressure

www.BeatYourRisk.com

American Lung Association

This is an excellent site with information on lung diseases, tobacco control, and air quality. Attractive and easy to use, it has special sections on asthma, allergy, treatment, how the lung functions and "Diseases A-Z" on lung disorders. There is a search by zip

code for local chapter information, sign-up for a free email newsletter, and some information on current research efforts.

www.lungusa.org

American Lung Association of California

Quitting smoking, Air Quality, Lung Cancer, Asthma

www.californialung.org

To Quit Smoking:

Call 1-800-NO BUTTS (California)

America on the Move Foundation

www.americaonthemove.org

Arthritis Foundation

www.arthritis.org

AARP

www.aarp.com

Center for Screentime Awareness

www.tvturnoff.org

Hugs for Health Foundation

www.hugs4health.org

National Eating Disorders

www.edap.org

Senior Olympics

www.nsga.com

Wellness Council of America

www.welcoa.org

Government Resource Sites:

California Health Care Foundation

www.chcf.org

Up-to-date information on trends and information on self management tools for chronic disease.

Centers for Disease Control and Prevention

Disease; emergency response; environmental health; life stages and populations;

Healthy living; Injury, Violence and Safety; Workplace Safety and Health;

Travelers' Safety and Injury Prevention.

Also in Spanish

www.cdc.gov

National Heart, Lung, and Blood Institute (U.S. Department of Health and Human Services)

www.nhlbi.nih.gov

National Institute of Health

www.nih.gov

National Institute on Aging

www.nia.nih.gov

National Institute of Mental Health

www.nimh.nih.gov

National Library of Medicine *(also in Spanish)*

www.medlineplus.gov

also: www.nlm.nih.gov/medlineplus

National Prevention Information Network

(formerly National AIDS Clearinghouse)

Information on HIV/AIDS; STD's; Tuberculosis; and Communities at risk.

www.cdcnpi.org

United States Department of Agriculture

www.mypyramid.gov

Other Governmental:

Medicare

www.Mymedicare.gov

Hospital Research

Hospitalcompare.hhs.gov

Commercials Sites:

Health Assessments:

www.RealAge.com

www.howsyourhealth.org

Wellness and Health Tips:

Reader's Digest-Health

www.rd.com/health

Mayo Clinic

www.mayoclinic.com

Also:

www.about.com

www.EverydayHealth.com

www.wellness.com

www.health.msn.com

www.yahoo.com/health

www.webMD.com

www.healthyaging.net

CMGS WELLNESS RESOURCES

LUTHERAN SITES

Abuse:

Diane Stelling, Author of "Loving the Abused" article

In the Lutheran Witness. Speaker resource.

www.dianestelling.com

Lutheran AIDS network

LANET c/o St. Andrew Lutheran Church

304 Morewood Avenue,

Pittsburgh, PA 15213

www.lutheranaids.net

Association of Lutheran Older Adults (ALOA)

The Lutheran Center, 1st floor

700 Light Street

Baltimore, MD 21230

www.ALOAserves.org

Mental illness:

Pathways to Promise

5400 Arsenal Street,

St. Louis, MO 63139

www.pathways2promise.org

Shut Ins:

Lutheran Ministries Media, Inc.

For worship for shut-ins

3225 Crescent Avenue,

Fort Wayne, IN 45805-1501

www.worshipforshutins.org

CMGS WELLNESS RESOURCES

GENERAL HEALTH SITES

MEDLINEplus from the National Library of Medicine

MEDLINEplus offers consumers accurate and current medical information about specific diseases and conditions, including drug information.

Other offerings on this site include health news, a dictionary, directories to find doctors, dentists and hospitals, interactive tutorials, clinical trials, and surgery videos.

There is no advertising on this site. MEDLINEplus does not endorse any company or product.

www.medlineplus.gov

MayoClinic.com

MayoClinic.com offers a wealth of easy-to-understand health and medical information. In addition to diseases and conditions, the site has a number of healthy living guides and helpful resources such as Health Tools, Treatment Decision Guides and Ask a Specialist. Web site content is reviewed for accuracy by Mayo Clinic experts.

www.mayoclinic.co

familydoctor.org from the American Academy of Family Physicians

This site offers clear and concise patient hand-outs for common medical concerns and conditions. All information has been written and reviewed by physicians and patient education professionals at the American Academy of Family Physicians.

Other helpful features are the Healthy Living Guides, a Smart Patient Guide, Health Tools section and a Health Tip of the Day.

<http://familydoctor.org>

healthfinder®

Developed by the U.S. Department of Health and Human Services, healthfinder® links to carefully selected information and Web sites from more than 1,500 health-related organizations.

www.healthfinder.gov

HealthLink Plus

Provides links to credible health web sites recommended by the Information Services staff of the Public Library of Charlotte & Mecklenburg County, North Carolina.

www.healthlinkplus.org

Hardin M.D.

This subject directory of health web site links is maintained by the Hardin Library for the Health Sciences, University of Iowa. A special focus on medical pictures makes this site unique.

www.lib.uiowa.edu/hardin/md/

Aetna IntelliHealth®

Aetna IntelliHealth, a subsidiary of Aetna, partners with Harvard Medical School and Columbia University College of Dental Medicine to provide credible health information. The site has disease and treatment information, and includes nice additional features such as its Interactive Health Tools, Ask the Expert, Personalized Health E-mail service, and Discussion Boards.

www.intelihealth.com

Med Help International

Med Help International is a non-profit organization whose focus is to provide medical information in non-technical language, to assist individuals in understanding their disease/condition and to help people make informed choices. Med Help is an independent organization, with no outside affiliations. Patients may ask questions of doctors in the Doctor-to-Patient forums or they can join Patient-to-Patient forums for anecdotal advice.

www.medhelp.org

NetWellness

NetWellness, a non-profit consumer health web site, has been in operation for more than ten years. It provides high quality information created and evaluated by medical and health professional faculty at the: University of Cincinnati, Case Western Reserve University and the Ohio State University. The Ask An Expert feature is a question and answer service provided by numerous health care professionals of the three Universities, who volunteer their time as a community service.

www.netwellness.org

MedicineNet.com

MedicineNet.com is owned and operated by WebMD and part of the WebMD Network. The web site provides easy-to-read, in-depth, authoritative medical information for consumers through its user-friendly, interactive web site.

They claim their content is not influenced by any advertiser, sponsor, company, product offering, or third party.

www.medicinenet.com

The Cleveland Clinic Health Information Center

Produced by the Cleveland Clinic Department of Patient Education and Health Information, this site offers information on more than 900 health topics. The health information presented on the site has been approved by Cleveland Clinic specialists, unless otherwise noted. Additional information has been added from agencies like the National Institutes of Health (NIH) and the U.S. Food and Drug Administration (FDA).

www.clevelandclinic.org/health/

CMGS WELLNESS RESOURCES

WOMEN'S HEALTH

Noah: Women's Health

New York Online Access to Health is a health information site created by the City University of New York, the New York Academy of Medicine, and the New York, Queens Borough, and Brooklyn Public Libraries. The Women's Health pages cover normal conditions such as puberty, pregnancy, and menopause as well as diseases and concerns such as endometriosis, women's cancers, and STDs.

www.noah-health.org/en/healthy/women/

Food and Drug Administration (FDA) Office of Women's Health (OWH)

The FDA's Office of Women's Health provides information about medical devices, cosmetics, and drugs, current health news, and information about research on women's health issues. It provides links to regulatory information, scientific projects, and publications.

www.fda.gov/womens/

Women's Health.gov

The National Women's Health Information Center of the U.S. Department of Health and Human Services offers statistical information as well as coverage of women's health topics and issues, health organizations, funding resources, and publications.

<http://4woman.gov>

National Women's Health Resource Center (NWHRC)

The National Women's Health Resource Center is a non-profit, national clearinghouse for women's health information. It develops original health materials and content for women and provides links to related news, educational opportunities, and national organizations. It also has information about books and contacts for local health departments.

www.healthywomen.org

Our Bodies Ourselves

The Boston Women's Health Book Collective has created a companion Web site for their classic book, *Our Bodies, Ourselves*. It provides both clinical and psychosocial information about women's health issues. The site has current health news and Web links.
www.ourbodiesourselves.org

North American Menopause Society

The North American Menopause Society is a nonprofit organization devoted to research and promoting women's health as they age. They study menopause and its health effects. The site has information for health care providers and consumers, including referral lists, educational materials, research, and participation in research studies.
www.menopause.org

CMGS WELLNESS RESOURCES

MEN'S HEALTH

MedlinePlus- Men's Health Topics

The National Library of Medicine offers information on a variety of men's health topics including circumcision, fertility, prostate disease, and testicular cancer. The site offers links to PubMed searches on men's health information.
www.nlm.nih.gov/medlineplus/menshealth.html

MayoClinic.com-Men's Health Center

The Mayo Clinic offers general health information for men, including preventive care. It also has interactive tools and answers to FAQs from Mayo Clinic specialists.
www.mayoclinic.com/health/mens-health/MC99999

Medem Medical Library: Men's Health

This site offers health information from the nation's medical societies about healthy living, reproductive and sexual function, prostate conditions, and other men's health issues.
www.medem.com/medlb/sub_detaillb.cfm?parent_id=55&act=disp

American Academy of Family Physicians-Men's Health

The American Academy of Family Physicians offers information about a wide range of topics of interest to men including STDs, prostate health, reproductive issues, and fatherhood.
familydoctor.org/men.xml

Urology Health (American Urological Association)

This site provides information on a wide variety of urological conditions affecting men. It also has information about female and pediatric urological disorders.
<http://urologyhealth.org>

CMGS WELLNESS RESOURCES

PARENTING AND CHILDREN

Dr. Greene.com

Dr. Alan Greene, professor of pediatrics at Stanford, offers a site with health information about children. There are pages for parents, children, teens, and physicians. The site covers developmental stages, diseases and conditions, and parenting.

www.drgreene.com

American Academy of Pediatrics

The American Academy of Pediatrics provides information about health topics, diseases and conditions, child development, and child safety.

www.aap.org

KidsHealth.org

The Nemours Foundation's Center for Children's Health provides current information about child development, nutrition and fitness, preventive health care, and diseases and conditions. There are sites for parents, children, and teens.

www.kidshealth.org

Virtual Pediatric Hospital

This is a digital health sciences collection devoted to pediatrics created by physicians at the University of Iowa to meet the information needs of health care providers and patients. It includes textbooks, Web sites, and anatomy atlases.

www.virtualpediatrihospital.org

CMGS WELLNESS RESOURCES

SENIOR HEALTH

Administration on Aging Elders & Families

The Department of Health and Human Services/Administration on Aging website is designed to assist older people and their families or caregivers to quickly obtain information on a variety of aging-related topics and government-sponsored programs. There is information on Alzheimers Disease & research, housing, nutrition, elder rights & resources, promoting a health lifestyle, government services for seniors, and caregiver support programs.

www.aoa.gov/eldfam/eldfam.asp

The AGS Foundation for Health in Aging

The American Geriatrics Society Foundation website offers information on the health and care of older adults. There are four subpages: Aging in the Know offers up-to-date information on how the aging process affects health; Eldercare at Home offers the complete text of the second edition of this resource for families and friends who are caring for older people at home; The FHA Physician Referral Guide offers to mail a list of physicians sensitive to the special healthcare needs of older adults and links to search for board certified geriatricians; and Health in Aging Stories where patients and health

care providers can share their stories on the challenge of finding and providing health care for the elderly. The site also provides a directory of guide to federal government agencies and national not-for-profit organizations that address the special health care needs of older adults.

www.healthinaging.org

The Family Caregiver Alliance

Information, services and support for caregivers and families of persons with chronic, disabling health conditions. It offers fact sheets on various conditions like dementia, Parkinson's Disease and stroke. As an advocacy group it also offers statistics, public policy information, and reports. It includes caregiver advice and tips and hosts online discussion groups.

www.caregiver.org

FirstGov for Senior Citizens' Resources

Extensive links to government agencies and other organizations that provide services and programs for seniors. There are links to consumer protection resources for seniors, money and taxes, end-of-life issues, health and housing for seniors. Hospice care, nursing home comparison, and even how to request a birthday greeting from the President for persons over 80 are covered.

hwww.firstgov.gov/Topics/Seniors.shtml

Health and Age

Originally created by the Novartis Foundation for Gerontology, the site has been turned over to the Health and Age Foundation. In addition to basic information on a number of common conditions, the site includes a news feed, a question-and-answer column, and full-text of a primer on geriatrics. There are special sections on men's health, on women's health and a caregiver's center with articles on care giving. This attractive site also has a professional section with a news feed and summaries of current studies on aging for health care professionals.

www.healthandage.com

Mayo Clinic Senior Health Center

Reviewed by Mayo clinic medical editorial staff, this site has very readable articles on aging, conditions that often affect older adults, and healthy living. Articles are authoritative, short and cover topics like sex and intimacy and anti-aging therapies that often aren't found on other sites. Registration allows personalization of the website and interactive health management tools but isn't required for access.

www.mayoclinic.com/health/senior-health/HA99999

MEDLINEplus Seniors' Health Issues

Created by the National Library of Medicine (NLM), this website contains links to trustworthy information throughout the web. It contains links to the latest news, overviews of senior health issues, research, statistics, aging organizations, clinical trials, and much more. Links guide you to pre-formatted searches on PubMed and to services and providers in your local area through the Go Local project.

www.nlm.nih.gov/medlineplus/seniorshealthissues.html

NIH Senior Health

NIH Senior Health makes aging-related health information easily accessible for family members and friends seeking reliable, easy to understand online health information.. Well-illustrated and readable, it includes some short videos and links out to MedlinePlus for additional information.

<http://nihseniorhealth.gov/>

CMGS WELLNESS RESOURCES

SPECIFIC HEALTH ISSUES

American Academy of Dermatology-Public Resource Center

"Dermatology A-Z" gives extensive information and full text of AAD pamphlets on most common skin and nail conditions from acne and aging skin to tanning and tattoos. Includes a directory of dermatologists, and Kids Connection section with information for children on skin conditions.

www.aad.org/public

American Dental Association-Public

Includes extensive information on oral health, cosmetic dentistry, restorative procedures, and even games and animations for children and classroom resources for teachers. A glossary of dental terms, and a directory of dentists add useful information

www.ada.org/public/index.asp

Asthma and Allergy Foundation of America

Information, advocacy, research, information on local chapters and support groups and a "Ask the Allergist" email feature make this an extremely useful website. Also included are some multimedia information, a pollen count by zip code feature, and information on clinical trials and new treatments. Some of their patient brochures can be downloaded as well as ordered via the mail.

www.aafa.org

Centers for Disease Control and Prevention (CDC)

The CDC, a part of the U.S. Department of Health and Human Services, deals with preventing and controlling disease, injury and disability and its website ably reflects this mission. One of the best government websites on the internet, its coverage is broad. Its "Diseases and Conditions" section covers major chronic and many infectious diseases including AIDS, bird flu, common childhood diseases like measles and more exotic diseases like Ebola. Birth defects, traveler's health, emergency preparedness, vaccine and immunization information, accidents and injury information, infectious diseases and workplace safety and health are all covered. The full text of many CDC publications are available as well as extensive public health information of all kinds.

www.cdc.gov

Mayo Clinic -- Disease and Conditions A-Z

Each topic has sections on the signs and symptoms, causes, risk factors, screening and diagnosis, complications, treatment, and when to seek medical advice. You can sign up for a weekly email newsletter, an RSS feed and a personalized page with automatically

updated content. A symptom checker and first aid guide are also included in this section.
www.mayoclinic.com/health/DiseasesIndex/DiseasesIndex

MedlinePlus, Health Topics (National Library of Medicine)

A directory to the most reliable sources of information on health and disease on the internet, this is often the place to start your search for health information. Frequently updated, it lists webpages with information on diagnosis, treatment, clinical trials and more. There are often interactive tutorials, links to major organizations, suggestions on other related conditions, and a link to a pre-formatted search of the medical literature on each page.

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

National Cancer Institute (NCI)

Extensive information on types of cancer, treatments, coping with cancer, a dictionary of cancer terms, the NCI drug dictionary, cancer statistics, clinical trials, cancer prevention, genetics, and fulltext of NCI fact sheets form this important website. There is a link to PDQ (Physicians Data Query) which is NCI's comprehensive databases of cancer information and treatment for physicians. A telephone help line, live online chat service and email help support the extensive information found here.

www.cancer.gov

National Digestive Diseases Information Clearinghouse (NDDIC)

The NDDIC site has an A to Z list of digestive disease topics and titles illustrated with drawings, statistics, list of clinical trials, links to patient organizations, and government agencies & resources.

<http://digestive.niddk.nih.gov/index.htm>

National Eye Institute Health Information (NEI)

A diagram of the eye, glossary of eye-related terms, fact sheets and some videos on eye diseases and condition and eye organization database make this site especially useful.

www.nei.nih.gov/health

National Heart, Lung, Blood Institute (NHLBI)

NHLBI site provides extensive information on conditions that affect the heart, blood vessels, lungs, and blood and on sleep disorders. Health assessment tools, educational tutorials and recipes provide useful additional information. Full text color versions of data fact sheets are also available. Information for healthcare professionals is included.

www.nhlbi.nih.gov/

National Institute of Mental Health (NIMH) Health Information

This site provides information about the signs and symptoms, treatment and resources available for mental illnesses. Full text of booklets and pamphlets on mental illness can be downloaded or printed. The latest news on mental illness, help in locating services, a link to clinical trials and pre-formatted Medline searches for the latest information add to the usefulness of this site.

www.nimh.nih.gov/healthinformation/index.cfm

National Institute of Neurological Disorders and Stroke (NINDS)

Extensive information on neurological disorders is provided at this website. The Disorders Index provides an alphabetic list of hundreds of neurological conditions, their treatments, prognosis, clinical research and contact information for organizations concerned with the condition. Clicking on the link to research literature under each condition leads you to a PubMed search on the condition. An accessible version of the web page is also provided. A news feed, list of patient resources and organizations and some fact sheets on disorders can also be found at the NINDS website.

www.ninds.nih.gov

National Stroke Association

This site provides excellent information on the symptoms of stroke, risk factors, prevention and recovery. Information specifically for women, for men, for African Americans, and caregivers and families as well as medical and EMS professionals is provided. Full text of the consumer publication Stroke Smart and NSA pamphlets are available, as well as sign up for a free subscription.

www.stroke.org/

Your Orthopaedic Connection (American Academy of Orthopaedic Surgeons)

Colorfully illustrated patient information is presented by body site and by category. Information on injury prevention, osteoarthritis, sports and exercise, joint replacement and tumors are covered thoroughly.. A directory of orthopaedists by name, city, zip code and country is provided.

orthoinfo.aaos.org/

CMGS WELLNESS RESOURCES

DRUG INFORMATION

AIDSmeds.com

“Check My Meds” is an interactive form that allows you to create a personalized drug interaction report. Users can determine whether the drugs you are taking interact with each other or interact with certain foods to cause a bad reaction in your body. Although the site is primarily intended for those with HIV/AIDS, the information here is valuable for every consumer.

www.aidsmeds.com/cmm/DrugsNewContent.asp

CenterWatch/Clinical Trials Listing Service

This useful resource lists newly approved drugs; drugs in current clinical research; weekly trial results as well as a link to the Family Medical Guide for Prescription Drugs

www.centerwatch.com/patient/drugs/drugdirectories.html

Drug InfoNet

This site provides not only prescription drug information and information from the drug manufacturers, but also provides information on diseases and links to various healthcare organizations and government sites. Also includes healthcare news and more!

www.druginfonet.com/

Food and Drug Administration (FDA)

The Food and Drug Administration oversees the regulation of pharmaceutical and food products, as well as medical devices. The site is a wealth of both consumer and professional information, including drug-specific information and tips for taking medications, buying generic drugs, and saving money on prescriptions. The site also features a consumer safety guide to buying medications online, along with information on medical product safety and both drug-drug and drug-food interactions.

www.fda.gov

RxList - The Internet Drug Index

A very useful drug index, It has an excellent search engine and provides information on both a consumer and professional level. Information on various disease categories is also provided as is Taber's Medical Encyclopedia. An advanced search engine is also available which allows searching by drug name, keyword, imprint code, NDC and medical terminology as well.

www.rxlist.com

CMGS WELLNESS RESOURCES FOR HEALTH PROFESSIONALS

Entrez PubMed

PubMed offers free, online access to the National Institute of Medicine's MEDLINE databases. The site provides access to citations and abstracts from biomedical literature. If a publisher has a web site that offers full-text of its journals, PubMed provides links to that site as well as biological resources, consumer health information, research tools, and more. While there are some free full-text articles available, many publishers charge a fee for access to full-text.

www.ncbi.nlm.nih.gov/entrez/

HealthWeb

HealthWeb is a joint project of the Committee on Institutional Cooperation (CIC) member health sciences libraries. Each of the CIC member libraries has subject areas in which they have special expertise, known as "areas of excellence." Working from these areas of excellence has made it possible to provide coverage of evaluated, non-commercial, health related Internet sites.

<http://healthweb.org/>

MedScape

Users of this site must register. The user then selects a subject site. There is no "homepage" but users can select other subjects or search. Free MEDLINE is available as well as value added news and reviews and full text of selected journal articles and textbooks.

www.medscape.com/

CenterWatch Clinical Trials Listing Service

CenterWatch Clinical Trials Listing Service contains trials for many types of diseases. It is searchable by disease categories and geographic area. All of the trials listed are open

(enrolling new patients).
www.centerwatch.com/

ClinicalTrials.gov

The U.S. National Institutes of Health, through its National Library of Medicine, has developed ClinicalTrials.gov to provide patients, family members and members of the public current information about clinical research studies. Before searching, you may want to learn more about clinical trials and more about this Web site. Check often for regular updates to ClinicalTrials.gov. ClinicalTrials.gov provides easy access to information about the location of clinical trials, their design and purpose, criteria for participation and additional disease and treatment information. Check often for regular updates to ClinicalTrials.gov.

<http://clinicaltrials.gov>

CMGS WELLNESS RESOURCES

ADDITIONAL INFORMATION

eMedicine Health

This site provides health, medical, lifestyle, and wellness information for all ages. In addition, there is information to prepare consumers for medical emergencies, injuries, minor medical conditions and basic first aid. There are more than 5,500 pages of content written by physicians for the general public.

www.emedicinehealth.com/

FamilyDoctor.org

Sponsored by the American Academy of Family Physicians, this site features comprehensive consumer health information in both English and Spanish. Some of its interesting features include a "Smart Patient Guide," helping people to advocate effectively for their own health care; a guide to OTC (over the counter) medications; and Health Tools, a section that includes physician referral searching, a medical dictionary, and searching by symptom.

<http://familydoctor.org/>

Quackwatch

Consumer Information: Quackwatch is a nonprofit company formed by Dr. Stephen Barrett to expose health-related "frauds, myths, fads and fallacies". Well-researched, up-to-date, authoritative information on a wide range of practices and medical advertising deemed questionable or obvious "quackery." English, Spanish, German, French, and Portuguese language versions available.

www.quackwatch.com/

CMGS WELLNESS RESOURCES

WELLNESS WEBSITES

The Better Sleep Council

The Better Sleep Council (BSC) is a non-profit organization supported by the mattress industry devoted to educating the public about the importance of sleep to good health and quality of life.
www.bettersleep.org

Shape Up America

To educate the public on the importance of the achievement and maintenance of a healthy body weight through the adoption of increased physical activity and healthy eating
www.shapeup.org

American on the Move Foundation

America On the Move Foundation (AOM) is a national non-profit organization set up to improve health and quality of life by promoting healthful eating and active living among individuals, families, communities and society.
www.americaonthemove.org

Henry the Hand

A site devoted to the importance of hand washing. Topics cover hand awareness issues in the arenas of Infection Control, School health, Employee health, Pandemic Prevention and others.
www.henrythehand.com

League of American Bicyclists

This site promotes bicycling for fun, fitness and transportation and work through advocacy and education for a bicycle-friendly America.
www.bikeleague.org

Safe Kids Worldwide

Safe Kids Worldwide is a nonprofit organization dedicated to preventing unintentional childhood injury (accidents such as motor vehicle crashes, fires, drowning, poisoning, falls, etc.).
www.safekids.org

Center for Screen-Time Awareness

An agency dealing with diverse issues including obesity, illiteracy, violence and the impact electronic media has on our lives. The organization is dedicated to making information and tools available to people that put them in charge of the “electronic tools” in their lives, using them in ways that enhance the quality of life and contribute to stronger families and communities.
www.screentime.org

Living to 100

The site contains a detailed life expectancy calculator. The calculator factors lifestyle, nutrition and family history to come up with an estimate of how long you'll live.
www.livingto100.com

National Eating Disorders Association

The National Eating Disorders Association (NEDA) is a not-for-profit organization working to prevent eating disorders and provide treatment referrals to those suffering from anorexia, bulimia and binge eating disorder and those concerned with body image and weight issues.
www.edap.org

National Association of Anorexia Nervosa and Associated Disorders

ANAD is the oldest eating disorder organization in the nation. This organization answers thousands of hotline calls each year. ANAD continues to assist individuals and their families to find resources and provide referrals to professionals.
www.anad.org

WELLNESS RESOURCE DATABASE

Resource: Alban Institute

Affiliation: Independent interdenominational and interfaith corporation

Description:

Offers a variety of workshops and seminars devoted to promoting pastoral skills and effectiveness. Publishes a monthly magazine, *Congregations*, with articles relevant to work with congregations. Provides congregational consultants for planning or conflict situations. Conducts research.

Target Audience: clergy and judicatory officials of all denominations

Contact information:

2121 Cooperative Way, Suite 100
Herndon, VA 20171
(703) 964-2700
(800) 486-1318
www.alban.org

Resource: Lombard Mennonite Peace Center

Affiliation: Mennonite

Description:

Mediation Skills training (five day workshop)
Here I Stand: Leading Change Through Self-differentiation (3 day training). Helps participants understand the interplay between beliefs and relationships.
Healthy Congregations Workshop (Pete Steinke concept) facilitator training
Variety of other workshops.

Target Audience: clergy and denominational leaders

Contact information:

101 W. 22nd Street
Lombard, IL 60148
630-627-0507
<http://www.lmpeacecenter.org/>

Resource: Still Waters Counseling Ministry (Methodist)

Affiliation: Methodist

Description:

Offers clergy care, consultation, and pastoral care specialist classes

Target audience: clergy

Contact Information:

114 N. Cedar, New Lenox, IL 60451...
815.485.0515

Resource: Des Moines Pastoral Counseling Center

Affiliation: Presbyterian

Description:

Offers pastoral counseling and assessments for clergy. Conducts a pastoral counseling training program. Also, beginning September 2008, Prairie Fire, a two year intentional learning environment, rooted in Christian contemplative tradition. Involves monthly meetings with topic presentations, group spiritual direction, and small group experiences and outside work with assigned readings and reflection papers.

Target audience: Clergy and lay leaders

Contact information:

2929 Westown Pkwy # 110
West Des Moines, IA 50266
(515) 274-4006

Resource: Daily Bible Verse

Affiliation: unknown

Description:

Offers a daily Bible verse for reflection that can be sent to you via e-mail or by text messaging to your phone

Target audience: Christians

Contact Information:

www.thedailybibleverse.com

Resource: Lutheran Services in America (LSA)

Affiliation: pan-Lutheran

Description:

Resource for finding local services and therapists in Lutheran agencies

Target audience: Anyone

Contact Information:

<http://www.lutheranservices.org/ServiceProvidersSearch.asp>

Resource: Quiet Waters Ministry

Affiliation: unknown

Description:

Offers pastor and spouse a variety of opportunities for healing and restoration: 1) a one - or two-week Leadership Counseling Intensive led by a Christian therapist; 2) Group Leadership Experience, a five-day intensive program involving group education, motivation, and support; 3) a four- day Leadership Family Retreat focused on family building.

Target audience: clergy, clergy spouses, and clergy families

Contact information:

9185 East Kenyon Avenue
Suite 150
Denver, CO 80237
303-639-9067 office

303-300-6773 fax
866-5Waters toll-free
www.qwaters.org

Resource: The Clergy Committee

Affiliation: interdenominational

Description:

Equips pastors and denominational officials to organize and facilitate groups of religious professionals that meet regularly for a disciplined experience of spiritual, intellectual and professional development.

Target audience: clergy and denominational officials

Contact information:

<http://www.theclergycommittee.org/>

Resource: Consultation to Clergy

Affiliation: North West District of LCMS and the Alaska, Eastern Washington-Idaho, North West Washington, South West Washington and Oregon Synods of the ELCA.

Description:

Pastoral counseling, consultation, referral services for professional therapy, support for persons having special needs, coaching, spiritual direction, and affinity groups.

Target audience: clergy and congregational referrals

Contact information:

Rev. Michael J. Nel, director

911 Stewart Street

Seattle, WA 98101

206 623-8193

mnel@comcast.net

Resource: Leadership Journal.Net

Affiliation: Christianity Today

Description:

Free weekly e-mail newsletter with articles, reflections, and discussions from an evangelical perspective.

Target audience: clergy and lay leaders

Contact:

<http://www.christianitytoday.com/leaders/>

Resource: Cigna (in contract with Concordia Plans)

Affiliation: LCMS

Description:

Provides a Employee Assistance Program (EAP) that provides for Concordia Plans members up to five counseling sessions per year fully paid. Also provides for consultation on legal issues.

Target audience: church workers and family members

Contact: 866 726-5267 for EAP benefits

800 810-2583 to locate a provider

CMGS WELLNESS RESOURCES

BOOKS AND PUBLICATIONS

Resource/Book Preventing Ministry Failure by Michael Todd Wilson and Brad Hoffman
Source or Affiliation InterVarsity Press
Brief Description A personal guidebook for people in ministry to prepare them to withstand common pressures and flourish in their callings.
Target Audience Professional church workers and their spouses
Contact Information ISBN 978-0-8308-3444-0

R/Organization/Specialized Ministry: The Parsonage

S Focus on the Family

B Specialized ministry with free membership; resources such as books, caregiving ministries, free help line, clergy appreciation materials and support, prayer requests, conferences, etc.

T Professional church workers and their spouses and families

C www.parsonage.org; 1-877-233-4455

R/Organization: The Alban Institute

S Ecumenical

B Religious membership organization with magazine, educational programs, books, and conferences.

T Church workers and spouses, laity

C 1-800-486-1318; 2121 Cooperative Way, Herndon, VA 20171; www.Alban.org

R/Book: New Beginnings: A Pastorate Start Up Workbook by Roy M. Oswald

S The Alban Institute

B How to take care of yourself in the stress of transition; making a good start in a new ministry setting.

T Church workers and their spouses

C ISBN 1-56699-032-7

R/Book: Pastors At Greater Risk: Real Help for Pastors from Pastors who have been there by H.B. London and Neil Wiseman

S Focus on the Family/ Regal Books

T Church workers and their spouses

B Realistic, practical help and guidance Church workers and their spouses for survival in today's world.

C ISBN 0-8307-3237-3, 1-800-A-FAMILY

R/Book: The Heart of a Great Pastor How to Grow Strong and Thrive Wherever God has Placed You by H.B. London and Neil Wiseman

S Focus on the Family/ Regal Books

T Church workers and their spouses

B Helps you take a fresh look at your ministry and God's purpose for you there.

C ISBN 0-8307-1689-0, 1-800-A-FAMILY

R/Book: After the Boxes are Unpacked: Moving on After Moving in by Susan Miller

S Focus on the Family/ Tyndale House Publishers

B A tremendous help in transitioning to a new home place of ministry

T Female church workers and female spouses

C ISBN 1-56179-405-8, 1-800-A-FAMILY

R/Book: I'm More than a Pastor's Wife/Authentic Living in a Fishbowl World by Lorna Dobson

S Zondervan

B A biblical, encouraging resource outlining the struggles and joys of being a pastor's wife.

T Wives of pastors and other professional church workers

C ISBN 0-310-24728-4

R/Organization: Wellness Council of America

S International non-profit association

B Organization providing information, support, resources, and encouragement for wellness in the workplace.

T Health benefit managers, anyone working on wellness issues

C www.welcoa.org

R/Magazine: *Just Between Us: For Women with a Heart for Ministry*

S Executive Director is pastor's wife and writer Jill Briscoe

B "*Just Between Us* is published to provide encouragement, inspiration, spiritual support and practical insights for ministry wives and women in church, parachurch, and missions leadership. Begun as a newsletter for pastors' wives in 1990, JBU has grown into a quarterly magazine with international impact."

T Pastor's wives women in ministry leadership positions

C www.justbetweenus.org, 777 South Barker Road, Brookfield, WI 53045; 1-800-260-3342.

R/BookMarriage is for Life, by Rev. Albert B. Wingfield

Guidebook for a Healthy Life, by Rev. Albert B. Wingfield

Recipes for Healthy Eating by Rev. Albert B Wingfield

Aging in Place www.mentorcentral.com

CMGS WELLNESS RESOURCES

DISTRICT RESOURCES

R/District/Ministry: Ron Rehrer, Healthy Leader/Healthy Worker

S Pacific Southwest District LCMS

B Their website dedicated to resources for church worker health with book and cd recommendations, specific mental health issue book recommendations, links to counseling services, etc. Copy from their district website:

The Pacific Southwest District cares deeply about its professional church workers and their families. Recently the Board of Directors of the District created a Healthy Leader/Healthy Workers position which expands the former work done under the name of Care for Professional Church Workers. This new ministry will resource church workers so that they may become healthier leaders in mind, body and spirit. This ministry also seeks to nourish worker's marriages and strengthen worker's families. We believe that healthy leaders make for healthy congregations and schools. Deployed staff person for the District, Rev. Ron Rehrer, has oversight of this ministry area. This includes direct counseling of worker families, referral to other counseling resources throughout the District, and providing prevention and educational workshops and resources (including this website) for the greater wellness of all leaders of our congregations and schools. We look forward to serving you.

Note: PSW District also had options for Grief Support, Prayer Ministry, the latest health news links, Lutheran organizations, as well as other links to ministry resources.

T Church workers and their families in the Pacific Southwest District

C www.ronrehrer.com

R/District/Ministry: Wellness Web

S Florida/Georgia District LCMS

B An accessible wellness web sponsored by the District's Church Worker and Family Care Commission. Includes counseling contact numbers, CMGS link, LCMS Human Care Link, and about a dozen other links to various Lutheran and other wellness resources. Theme on website: "Church leaders in the Florida Georgia District experience a sense of well-being and joy as they competently carry out their God-given calling."

T Church workers and their families in the FL-GA District

C www.flga-lcms.org

R/District/Ministry: Human Care Ministries

S California-Nevada-Hawaii District LCMS

B Under Human Care Ministries, links to resources including aging and adult services, AIDS ministry, community outreach, Health Ministries/Parish Nurse Ministries, Immigration services, Housing, Homeless and ministry to Homosexuals and their families. They also had some interesting and innovative links to resources for church revitalization, demographic information, etc., and prayer requests, and loan forgiveness program.

T Church workers and their families, and any person seeking resources in the CNH District

C www.cnh-lcms.org

R/District/Ministry: Critical Incident Response Team/Next Steps Pre-Retirement Planning/Death and Grief Counseling/Parish Nurse Ministry

S Indiana District LCMS

B Definitions of a critical incident, the contact number, and encouragement for pastors and principals to call for assistance at a time of crisis./ Connecting Retired or Retiring Pastors to assist and serve synod congregations. /A description of a need for death or grief issues, experienced and available resource person with contact information./Information on what a Parish Nurse ministry and a directory of congregations who currently have a DPN ministry.

T Church workers and their families in the IN District, and interested laypeople from district

C www.in.lcms.org

SYNODICAL SEMINARY AND UNIVERSITY RESOURCES

Wellness Resources at Concordia Theological Seminary, Ft. Wayne

Students needing counseling are referred to the Indiana University at Ft. Wayne counseling center. Counseling is provided at no cost. Contact Rebecca Berghorn at lpfw.edu

The gym has workout area for physical conditioning.

Intramural sports programs and varsity basketball re offered.

For varsity basketball contact Timothy Puls at pulstr@ctsfw.edu

A Wellness Center is located in the gym. A physician's assistant, Michelle Wilkinson, is available for students two evenings per week. WilkinsonM@ctsfw.edu

A wellness program is offered to the students, faculty, staff, and the local community. The program consists of exercise and promoting better eating habits. Contact Albert Wingfield wingfieldab@ctsfw.edu

The Advisor on Personal Growth/Leadership Development from the BPE, has each student develop a Personal Formation Plan which includes spiritual, emotional, physical, and intellectual goals.

Modules are offered in the areas of Conflict Management, Time Management, Leadership and are taught by the APGLD. Groups on Assertiveness and Personality in Ministry are also offered. Contact Richard.Davis@ctsfw.edu

Fourth year students, faculty, and staff are offered participation in Grace Place Retreats. Contact Annette Woehlke at graceplaceretreats.org.

Wellness Resources at Concordia Seminary, St. Louis

A Counseling Center is located on campus. It is directed by a Licensed Professional Counselor and staffed by internship students from nearby universities or graduate counselors needing hours for licensing. The counseling center offers a broad range of counseling for the students and their families. A transition group for children is offered at the time of spring placement. Contact Marty Lintvedt at lintvedtm@csl.edu

The gym has workout area for physical conditioning.

Intramural sports, bicycling, and varsity basketball and tennis programs are offered.

For bicycling contact Jeffrey Kloha at klohaj@csl.edu.

For basketball contact William Maxfield at maxfieldb@csl.edu.

For tennis contact Richard Marrs at marrsr@csl.edu.

The Advisor on Personal Growth/Leadership Development from the Board for Pastoral Education guides students to work on one or more developmental aspects of skill growth. Groups are offered in the areas of Assertiveness, Conflict Management, Time

ORGANIZATIONS

Lutheran Education Association:

Professional organization that provides devotionals, speakers, conferences for commissioned ministers

www.lea.org