



Informational Websites for our Members

Health information:

Healthfinder

Easy-to-understand health information on many topics
<https://health.gov/myhealthfinder> (many languages)

Kids Health

Information on children's health
www.kidshealth.org (Spanish)

Diseases and Treatments:

Alzheimer's Association

Local services, support groups, 24-hour helpline, and information for caregivers
1-800-272-3900 (many languages)
1-866-403-3073 (TDD)
www.alz.org

American Diabetes Association

Information, programs, and services for people with diabetes
1-800-342-2383 (Spanish)
www.diabetes.org (Spanish)

American Heart Association

Information on heart disease, high blood pressure, stroke, and prevention
1-800-242-8721
www.heart.org

American Lung Association

Information on lung diseases, asthma, and prevention.
1-800-586-4872
www.lung.org

Arthritis and Rheumatic Diseases (NIAMS)

Information about arthritis and musculoskeletal and skin diseases
1-877-226-4267 (Spanish)
1-301-565-2966 (TTY)
www.niams.nih.gov (Spanish, Chinese, Korean and Vietnamese)

California AIDS Hotline

Information on HIV/AIDS services
1-800-367-2437 (Spanish)
1-888-225-2437 (TTY)
<https://npin.cdc.gov/disease/hiv/> (Spanish)

Cancer Information

Government agency with information on cancer treatments

1-800-422-6237 (Spanish)

www.cancer.gov (Spanish)

Diabetes, Digestive and Kidney Disorders

Health information, research, clinical trials, and personal stories

1-800-860-8747

1-866-569-1162 (TTY)

<https://www.niddk.nih.gov/> (Spanish)

***You can also check your Health Plan resources by visiting their website or contacting them.
Contact information of health plan can be locate behind your Health Plan ID Card.***