

HEALTH & WELLNESS WEBSITES

AETNA – HYPERLINK "http://www.aetna.com/members/health_wellness.html"
www.aetna.com/members/health_wellness.html

Covering everything from alternative medicine to women's health issues.

COMMONWEALTH OF VIRGINIA – HYPERLINK "<http://www.chp-online.com/commonhealth>" www.chp-online.com/commonhealth

Features one of the most comprehensive wellness programs.

NATIONAL COUNCIL ON PATIENT INFORMATION & EDUCATION

HYPERLINK "<http://www.talkaboutrx.org/index.jsp>" www.talkaboutrx.org/index.jsp

Has a wealth of resources about wellness and patient compliance.

PARTNERSHIP FOR PREVENTION – HYPERLINK "<http://www.prevent.org>"
www.prevent.org

Has information for companies looking to set up a wellness program.

PFIZER – HYPERLINK "<http://www.pfizerforliving.com>" www.pfizerforliving.com

Has information and resources for people with hypertension and heart disease. Also features an excellent health encyclopedia that can address a wide range of questions.

UNITEDHEALTHCARE – HYPERLINK "http://www.uhc.com/wellness_programs"
www.uhc.com/wellness_programs

Features wellness programs stressing lifestyle changes.

THE WELLNESS CONNECTION – HYPERLINK "<http://www.wellnessconnection.com>" www.wellnessconnection.com

Offers wellness program design assistance.