

# Design Your Own HealthyLife® Self-Care Guide

Distinguish Your Organization From Your Competitors  
Meet the Unique Needs of Your Subscribers/Employees/Patients

Develop your own self-care/wellness guide. Select the medical conditions, wise consumer, and wellness topics from this brochure that are most appropriate for your subscribers, employees or patients. Some examples include guides that address:

- Your most frequently used ICD-9 codes
- Conditions common to your geographic region
- Conditions common to a particular industry
- Both medical and mental health conditions
- Information targeted for seniors, women, children, pregnant women, medicaid clients, ER abusers, Hispanics.

Your guide can contain as few as 5 topics or as many as 345 topics.

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## Medical Self-Care Topics

### Conditions Affecting the Eyes, Ears, Nose and Throat

- |   |   |
|---|---|
| <input type="checkbox"/> 1. Asthma <sup>1,2</sup>       | <input type="checkbox"/> 12. Hay Fever <sup>1,2</sup>       |
| <input type="checkbox"/> 2. Breathing Problems          | <input type="checkbox"/> 13. Hearing Loss                   |
| <input type="checkbox"/> 3. Bronchitis <sup>1,2</sup>   | <input type="checkbox"/> 14. Hiccups                        |
| <input type="checkbox"/> 4. Choking (swallowed objects) | <input type="checkbox"/> 15. Laryngitis <sup>1,2</sup>      |
| <input type="checkbox"/> 5. Common Cold <sup>1,2</sup>  | <input type="checkbox"/> 16. Nosebleeds                     |
| <input type="checkbox"/> 6. Coughs <sup>1,2</sup>       | <input type="checkbox"/> 17. Pinkeye                        |
| <input type="checkbox"/> 7. Earaches <sup>1,2</sup>     | <input type="checkbox"/> 18. Sinus Problems <sup>1,2</sup>  |
| <input type="checkbox"/> 8. Earwax                      | <input type="checkbox"/> 19. Sore Throats <sup>1,2</sup>    |
| <input type="checkbox"/> 9. Eyestrain (from computers)  | <input type="checkbox"/> 20. Sty                            |
| <input type="checkbox"/> 10. Floaters & Flashes         | <input type="checkbox"/> 21. Tinnitus (Ringing in the Ears) |
| <input type="checkbox"/> 11. Flu <sup>1,2</sup>         |   |

### Conditions and Injuries Affecting the Skin and Extremities

- |  |  |
|--|--|
| <input type="checkbox"/> 22. Acne <sup>1,2</sup>                       | <input type="checkbox"/> 37. Head Injuries                     |
| <input type="checkbox"/> 23. Athlete's Foot                            | <input type="checkbox"/> 38. Hives                             |
| <input type="checkbox"/> 24. Backaches <sup>1,2</sup>                  | <input type="checkbox"/> 39. Ingrown Toenails <sup>1,2</sup>   |
| <input type="checkbox"/> 25. Bed Sores                                 | <input type="checkbox"/> 40. Insect Stings                     |
| <input type="checkbox"/> 26. Boils                                     | <input type="checkbox"/> 41. Knee, Leg, & Ankle Problems       |
| <input type="checkbox"/> 27. Bruises                                   | <input type="checkbox"/> 42. Neck & Shoulder Problems          |
| <input type="checkbox"/> 28. Burns                                     | <input type="checkbox"/> 43. Poison Ivy (Oak, Sumac)           |
| <input type="checkbox"/> 29. Bursitis                                  | <input type="checkbox"/> 44. Repetitive Motion Injuries (RMIs) |
| <input type="checkbox"/> 30. Cold Hands & Feet                         | <input type="checkbox"/> 45. Shingles                          |
| <input type="checkbox"/> 31. Corns & Calluses                          | <input type="checkbox"/> 46. Skin Rashes                       |
| <input type="checkbox"/> 32. Cuts, Scrapes, & Punctures <sup>1,2</sup> | <input type="checkbox"/> 47. Sports Injuries                   |
| <input type="checkbox"/> 33. Eczema <sup>1,2</sup>                     | <input type="checkbox"/> 48. Sprains & Strains <sup>1,2</sup>  |
| <input type="checkbox"/> 34. Foot Problems                             | <input type="checkbox"/> 49. Sunburn                           |
| <input type="checkbox"/> 35. Frostbite                                 | <input type="checkbox"/> 50. Varicose Veins                    |
| <input type="checkbox"/> 36. Hair Loss                                 |  |

### Conditions Affecting the Digestive and Excretory Systems

- |  |   |
|--|---|
| <input type="checkbox"/> 51. Abdominal Pain          | <input type="checkbox"/> 55. Heartburn <sup>1,2</sup>         |
| <input type="checkbox"/> 52. Constipation            | <input type="checkbox"/> 56. Hemorrhoids                      |
| <input type="checkbox"/> 53. Diarrhea <sup>1,2</sup> | <input type="checkbox"/> 57. Rectal Bleeding/Rectal Pain      |
| <input type="checkbox"/> 54. Flatulence              | <input type="checkbox"/> 58. Vomiting & Nausea <sup>1,2</sup> |

### General Medical Conditions

- |  |  |
|--|--|
| <input type="checkbox"/> 59. Anemia                    | <input type="checkbox"/> 65. Insomnia                                |
| <input type="checkbox"/> 60. Chest Pain <sup>1,2</sup> | <input type="checkbox"/> 66. Seizures                                |
| <input type="checkbox"/> 61. Fainting                  | <input type="checkbox"/> 67. Snoring                                 |
| <input type="checkbox"/> 62. Fatigue <sup>1,2</sup>    | <input type="checkbox"/> 68. Urinary Incontinence                    |
| <input type="checkbox"/> 63. Fever <sup>1,2</sup>      | <input type="checkbox"/> 69. Urinary Tract Infections <sup>1,2</sup> |
| <input type="checkbox"/> 64. Headaches <sup>1,2</sup>  | <input type="checkbox"/> 70. Vertigo                                 |

<sup>1</sup> Topic also available at low literacy reading level

<sup>2</sup> Topic also available in Spanish

## Children's Health Issues <sup>1,2</sup>

- 71. Acne <sup>1,2</sup>
- 72. Asthma <sup>1,2</sup>
- 73. Bed-Wetting <sup>1,2</sup>
- 74. Bronchitis <sup>1,2</sup>
- 75. Chicken Pox <sup>1,2</sup>
- 76. Colic <sup>1,2</sup>
- 77. Common Cold <sup>1,2</sup>
- 78. Constipation <sup>1,2</sup>
- 79. Coughs <sup>1,2</sup>
- 80. Croup <sup>1,2</sup>
- 81. Cuts, Scrapes & Punctures <sup>1,2</sup>
- 82. Diarrhea <sup>1,2</sup>
- 83. Earaches <sup>1,2</sup>
- 84. Eye Problems <sup>1,2</sup>
- 85. Fever <sup>1,2</sup>
- 86. Flu <sup>1,2</sup>
- 87. Hay Fever <sup>1,2</sup>
- 88. Headaches <sup>1,2</sup>
- 89. Hiccups <sup>1,2</sup>
- 90. Lice <sup>1,2</sup>
- 91. Seizures <sup>1,2</sup>
- 92. Skin Rashes <sup>1,2</sup>
- 93. Sore Throats <sup>1,2</sup>
- 94. Swollen Glands <sup>1,2</sup>
- 95. Vomiting & Nausea <sup>1,2</sup>
- 96. Wheezing <sup>1,2</sup>

## Women's Health Issues <sup>2</sup>

- 97. Anemia <sup>2</sup>
- 98. Breast Lumps, Cancer, & Self-Examination <sup>2</sup>
- 99. Cervical Cancer <sup>2</sup>
- 100. Chest Pain <sup>2</sup>
- 101. Depression <sup>2</sup>
- 102. Eating Disorders (Anorexia Nervosa & Bulimia) <sup>2</sup>
- 103. Endometriosis <sup>2</sup>
- 104. Fainting <sup>2</sup>
- 105. Fatigue <sup>2</sup>
- 106. Fibroids <sup>2</sup>
- 107. Headaches <sup>2</sup>
- 108. HIV/AIDS <sup>2</sup>
- 109. Insomnia <sup>2</sup>
- 110. Menopause <sup>2</sup>
- 111. Menstrual Cramps <sup>2</sup>
- 112. Osteoporosis <sup>2</sup>
- 113. Ovarian Cysts <sup>2</sup>
- 114. Pelvic Inflammatory Disease (PID) <sup>2</sup>
- 115. Pre-Menstrual Syndrome (PMS) <sup>1,2</sup>
- 116. Toxic Shock Syndrome <sup>2</sup>
- 117. Urinary Tract Infections <sup>1,2</sup>
- 118. Vaginal Yeast Infections <sup>2</sup>
- 119. Varicose Veins <sup>2</sup>

## Prenatal Health Issues <sup>1</sup>

- 120. Anemia <sup>1</sup>
- 121. Backaches <sup>1</sup>
- 122. Bleeding <sup>1</sup>
- 123. Constipation <sup>1</sup>
- 124. Ectopic Pregnancies <sup>1</sup>
- 125. Gestational Diabetes
- 126. Headaches <sup>1</sup>
- 127. Heartburn
- 128. High Blood Pressure Brought on By Pregnancy <sup>1</sup>
- 129. Insomnia <sup>1</sup>
- 130. More Than One Baby <sup>1</sup>
- 131. Preterm Labor <sup>1</sup>
- 132. Sexually Transmitted Diseases (STDs) <sup>1</sup>
- 133. Special Needs of Teens and Women Over 35 <sup>1</sup>
- 134. Tips for a Healthy Pregnancy <sup>2</sup>
- 135. Upset Stomach Brought on By Pregnancy <sup>1</sup>
- 136. Urinary Problems <sup>1</sup>
- 137. Varicose Veins <sup>1</sup>

## Men's Health Issues

- 138. Enlarged Prostate
- 139. Jock Itch
- 140. Testicular Cancer & Self-Examination

## Sexually Transmitted Diseases

- 141. Chlamydia
- 142. Genital Herpes
- 143. Gonorrhea
- 144. HIV/AIDS
- 145. Syphilis
- 146. Trichomoniasis

## Senior Health Issues

- 147. Age Spots
- 148. Chest Pain
- 149. Cold Hands & Feet
- 150. Constipation
- 151. Coughs
- 152. Depression
- 153. Enlarged Prostate
- 154. Fever
- 155. Flu
- 156. Headaches
- 157. Hearing Loss
- 158. Heartburn
- 159. Shingles
- 160. Snoring
- 161. Tinnitus (ringing in the ears)
- 162. Urinary Incontinence
- 163. Varicose Veins
- 164. Vertigo

<sup>1</sup> Topic also available at low literacy reading level

<sup>2</sup> Topic also available in Spanish

## Mental Health Conditions

- 165. Alcoholism
- 166. Anger
- 167. Anxiety
- 168. Bipolar Disorder
- 169. Burn Out
- 170. Codependency
- 171. Depression
- 172. Drug Abuse
- 173. Eating Disorders (Anorexia Nervosa & Bulimia)
- 174. Gambling
- 175. Grief/Bereavement
- 176. Marital/Relationship Problems
- 177. Obsessive Compulsive Behaviors
- 178. Panic Attacks
- 179. Paranoia
- 180. Parenting Issues
- 181. Passive/Aggressive Behaviors
- 182. Phobias
- 183. Post-Traumatic Stress Disorder (PTSD)
- 184. Schizophrenia
- 185. Self-Esteem
- 186. Sexual Concerns
- 187. Sleep Problems
- 188. Stress
- 189. Suicidal Thoughts

## Conditions Affecting the Teeth and Jaw

- 190. Abscess
- 191. Broken or Knocked Out Teeth
- 192. Fractured Jaw
- 193. Jaw Pain
- 194. Periodontal Disease
- 195. Temporomandibular Joint Dysfunction (TMJ)
- 196. Toothaches

## Emergency Information/Procedures

- 197. First Aid Precautions
- 198. Being Ready for Medical Emergencies
- 199. Cardiopulmonary Resuscitation (CPR)
- 200. Choking (Heimlich Maneuver)
- 201. Recognizing Emergencies
- 202. Recovery Position
- 203. What to Know About the Emergency Room
- 204. When to Call an Ambulance

## Emergency/First Aid Conditions

- 205. Animal Bites
- 206. Breathing Problems
- 207. Broken Bones
- 208. Burns
- 209. Choking
- 210. Cuts, Scrapes, & Punctures
- 211. Dehydration
- 212. Dental Emergencies
- 213. Dislocations
- 214. Drowning
- 215. Drug Overdoses
- 216. Electric Shock
- 217. Eye Injuries
- 218. Fainting
- 219. Frostbite
- 220. Head Injuries
- 221. Heat Exhaustion & Heat Stroke
- 222. Hyperventilation
- 223. Insect Stings
- 224. Neck/Spine Injury
- 225. Nosebleeds
- 226. Poisoning
- 227. Poison Ivy (Oak, Sumac)
- 228. Seizures
- 229. Shock
- 230. Splinters
- 231. Sports Injuries
- 232. Sprains & Strains
- 233. Sunburn
- 234. Unconsciousness

## Major Medical Conditions

- 235. HIV/AIDS
- 236. Alzheimer's Disease
- 237. Angina
- 238. Arthritis
- 239. Cancer
- 240. Cataracts
- 241. Chronic Fatigue Syndrome
- 242. Chronic Obstructive Pulmonary Disease
- 243. Cirrhosis
- 244. Coronary Heart Disease
- 245. Diabetes
- 246. Diverticulosis and Diverticulitis
- 247. Emphysema
- 248. Epilepsy
- 249. Gallstones
- 250. Glaucoma
- 251. Gout
- 252. High Blood Pressure
- 253. Kidney Stones
- 254. Lung Cancer
- 255. Macular Degeneration
- 256. Multiple Sclerosis
- 257. Osteoporosis
- 258. Parkinson's Disease
- 259. Peptic Ulcers
- 260. Phlebitis
- 261. Pneumonia
- 262. Scoliosis
- 263. Sickle Cell Disease
- 264. Strokes
- 265. Thyroid Problems

<sup>1</sup> Topic also available at low literacy reading level

<sup>2</sup> Topic also available in Spanish

# Wise Medical Consumer Topics

## You and Your Doctor

- 266. Calling Your Doctor Checklist <sup>1,2</sup>
- 267. Choosing a Doctor
- 268. Doctors and Their Specialties
- 269. Doctor-Patient Communication
- 270. Having a Routine Checkup
- 271. Making the Most of a Doctor Visit
- 272. Medical Decision Making Checklist
- 273. Questions to Ask Your Child's Doctor <sup>1,2</sup>
- 274. Rating Your Child's Doctor <sup>1,2</sup>
- 275. Rating Your Doctor
- 276. See Your "Primary" Doctor Before You See a Specialist
- 277. Visiting Your Doctor Checklist <sup>1,2</sup>
- 278. Visiting Your Doctor/Gynecologist Checklist
- 279. What Is a Primary Care Physician
- 280. When to Call a Doctor

## Emergency Situations

- 281. Being Ready for Medical Emergencies
- 282. Recognizing Emergencies
- 283. What to Know About the Emergency Room
- 284. When to Call an Ambulance

## Medical Exams and Tests

- 285. Children's Medical Records Chart <sup>1,2</sup>
- 286. Common Health Tests & When to Have Them <sup>2</sup>
- 287. Family Medical Records Chart
- 288. Home Medical Tests
- 289. Immunization Schedule & Record <sup>1,2</sup>
- 290. Routine Laboratory Tests

## Medications

- 291. Before Taking Medications
- 292. Children's Home Pharmacy Chart <sup>1,2</sup>
- 293. First Aid Supplies Checklist
- 294. General Types of Medications
- 295. Medication Log
- 296. Over-the-Counter Medications
- 297. Questions to Ask About Medications
- 298. 7 Golden Rules of Prescriptions
- 299. Storing Your Medications
- 300. Taking Medications Safely
- 301. Understanding a Prescription
- 302. Your Home Pharmacy Chart <sup>1,2</sup>

## When in the Hospital

- 303. Advance Directives
- 304. Being Admitted to the Hospital
- 305. Being Cost Conscious in the Hospital
- 306. Daily Hospital Routines
- 307. Medical Word Prefixes and Suffixes
- 308. Patient's Bill of Rights
- 309. Surgery
- 310. The Hospital Room
- 311. Types of Surgery
- 312. What to Expect Before Surgery
- 313. Who's Who at the Hospital
- 314. Your Patient Chart

## Miscellaneous topics

- 315. Birth Control Options Chart <sup>2</sup>
- 316. Children's General Health Tips <sup>1,2</sup>
- 317. Children's Safety Tips <sup>1,2</sup>
- 318. Major Illness Warning Signs
- 319. Health Resources

## Health Insurance

- 320. Considering Your Needs
- 321. Insurance Terms

## You and Your Dentist

- 322. Dental Myths
- 323. Dental Specialties
- 324. The Dental Checkup
- 325. When to Visit Your Dentist

## Mental Health Issues

- 326. A Therapists' Who's Who
- 327. Characteristics of Mental Fitness
- 328. Choosing a Therapist
- 329. Common Mental Health Conditions
- 330. Evaluating Your Therapist
- 331. Evaluating Your Treatment
- 332. Places to Get Information and Help
- 333. Reasons to Get Help
- 334. Tips for Mental Fitness
- 335. Types of Mental Health Insurance
- 336. Various Treatment Approaches
- 337. Where to Go for Help

## Wellness Topics

### Staying Well

- 338. Alcohol - Use Without Abuse
- 339. Cigarette Smoking - Packing It In
- 340. Fitness - Get Fit, Stay Fit
- 341. Nutrition - Eating for Life
- 342. Playing It Safe - Tips for the Home
- 343. Pregnancy - Planning for a Healthy Baby
- 344. Stress - Learning to Cope
- 345. Weight Control - "Chewing" Well

<sup>1</sup> Topic also available at low literacy reading level

<sup>2</sup> Topic also available in Spanish