

## Health Plan's Online Health Library

Finding more information about a medical condition or how to improve your health and prevent disease is easy on APWU Health Plan's website at [www.apwuhp.com](http://www.apwuhp.com). We provide a great tool on our Online Health Library from the Mayo Clinic, located on the first page of the Health Plan's High Option Preferred Provider Organization Directory. You'll find:

- **Information-** on diseases and conditions
- **Health Centers-** for diseases and conditions, including interactive health quizzes and overviews, treatments, and help in coping
- **Healthy Living Centers-** for example, women's and men's health, or working life, to help you stay healthy
- **Drug Information-** to find general information about the use of medicines and avoiding medication mistakes, and information on specific drugs
- **Health tools-**decision guides, from early stage breast cancer to herniated disk; self assessments for your personal health; health calculators, for example to calculate your body mass index (BMI) or to count calories on a daily basis; and slide shows and videos
- **Personal Health Interests-**create a personal page based on your health care information needs, and receive automatic updates on your health categories