At HCC

- **Health Office**
  Health Nurse, Lorri Taniguchi

- **Mental Health and Wellness Service**
  Mental Health and Wellness Counselor, Kimberley Gallant

On Oahu and in Hawaii

- **Hawaii Medical Services Association (HMSA) Health & Wellness**

- **Employee Assistance Program (EAP)**
  Short-term professional counseling for employees through WorkLife Hawai‘i by WorkLife Hawaii, telephone 808-543-8445

- **Start Living Healthy**, from Healthy Hawaii
  Guides to start walking, live tobacco free, and eat healthy

- **Department of Health, State of Hawaii**
  Info about diseases, vog, substance abuse, product recalls, wellness topics, more

- **Best Doctors in Hawaii**, from Honolulu magazine
  Looking for a doctor? Honolulu's annual list is based on research by Best Doctors in America. The print issue of the magazine is available at HCC Library.

National

- **Centers for Disease Control and Prevention (CDC)**

- **WebMD**

- **HealthFinder.gov**
  Check the encyclopedia of health topics and the directory of medical services (e.g., find a doctor)

- **UpToDate for Patients**
  Information about symptoms, health conditions, and treatment

- **Mayo Clinic**
  Presents the Healthy Lifestyle center, including sections for baby and children's health, food and nutrition, first aid, quitting smoking, stress, weight loss, and much more.
Try their calorie calculator!

- **MedicineNet**  
  Health and medical information provided by doctors, plus photos, quizzes, and info about pet health

- **SeniorHealth**  
  Health and wellness information for older adults from the National Institutes of Health, including videos and short articles

- **Healthline**  
  The goal of Healthline is to improve health through objective and accurate information: articles, guides for healthy living, videos, and tools (e.g., medication search, pill identifier, and body maps)

**More Resources**

- **ebrary's Breast Cancer Searchable Information Center**  
  A collection of breast cancer publications from government agencies, including guides, fact sheets, posters, and links to websites. Courtesy of ebrary, a suite of full-text e-books.

- **Wellness.com**, the "Healthy Living Community"  
  The mission of Wellness.com is to help people live healthier, happier lives. Wellness.com offers blogs, forums, resources, directories, and a variety of health-related information.

- **American Association of Retired Persons (AARP)**  
  "AARP is a nonprofit, nonpartisan membership organization that helps people 50 and over improve the quality of their lives as they age." The AARP health site offers information about medications, health conditions and treatments, Medicare, Medicaid, health insurance, wellness, and more.

- HCC Library's **Databases** for articles and news