



WEBSitings

Brief profiles of useful websites and online resources

Posttraumatic Stress Disorder Relief Online

Posttraumatic stress disorder (PTSD) can be overwhelming and tough to handle, but Michele Rosenthal, a woman who struggled with PTSD for years, provides information on this website she built, <http://www.healmyptsd.com>, designed to help those diagnosed with PTSD manage their symptoms and learn more about the healing process. Visitors can sign up to receive the free electronic guide, “15 Things No One Tells You About PTSD That You Really Need to Know!”

The blog link at the top right-hand corner allows visitors to access a large number of blog entries, including discussing ways to handle this disorder and sharing their accounts. A recent blog entry entitled, “Veterans and Resilience: One Warrior’s Perspective” describes a veteran’s experience with PTSD. The media link leads to radio clips and articles about PTSD. The treatment link contains information about various treatment modalities available to deal with the effects of PTSD, including traditional options, hypnosis, exposure therapy, and energy processing therapy.

Healthy Diet and Exercise Made Easy

<http://www.thehealthytrucker.net/> was designed for truckers, but the health tips on this website can be used by anyone, especially those constantly on the go. According to this website, “There’s a big lifestyle change that comes along with becoming a truck driver and many times personal health is overlooked. It can be difficult to keep up with exercising and make wise decisions about the meals you eat while out on the road. Our goal is to give you all the information you need



to live a healthier life as a truck driver.”

Many occupations have time pressures that make healthful eating and exercising difficult. These diet and exercise tips are palatable for anyone, regardless of schedule. The “Exercising” link on the left-hand side of the page brings visitors to exercise tips along with videos with health tips. The “Meal Tips” link provides helpful tips on healthful eating on the road, including make sure to drink 8 glasses of water a day, eat before hunger sets in, and don’t eat before bed.

Medicare Website Redesigned

The newly redesigned Medicare website, www.medicare.gov, now employs a mobile friendly design. They are using a “responsive design,” which allows an optimal viewing experience on any device. There is no separate mobile site. The website is fully optimized when viewed on a mobile device. This site enables visitors to find doctors, hospitals, home health services, dialysis facilities, and health plans. Information is available on various tabs at the top of the page, includ-

ing “Sign Up/Change Plans,” “Your Medicare Costs,” “What Medicare Covers,” “Drug Coverage (Part D),” “Supplements & Other Insurances,” “Claims & Appeals,” “Manage Your Health,” and “Help & Resources.”

Visitors who are unsure of their coverage can click on the link, “Check your current enrollment.” Blog entries include “Medicare open enrollment: Now’s the time,” “Getting outpatient therapy? Be sure you know Medicare’s limits,” and “When was your last mammogram?” There are several drop-down menus for visitors to find information about a lost or incorrect Medicare card and information for Medicare recipients (ie, disabled individuals, those with end-stage renal disease). The drop-down menu “Find someone to talk to” gives visitors the option to select their state to find a list of organizations that can provide further information about Medicare coverage. Links on the right-hand side of the page can assist visitors in getting help with costs, exploring Medicare health plans, and finding out how Medicare works with other insurance plans.