

Respiratory National Resource Information List

Respiratory
education program

Healthfinder

Enter *asthma, bronchitis, sinusitis, pneumonia, colds* or *flu* in Search. This site contains links to respiratory information Web sites, and educational material that can be downloaded or ordered.

www.healthfinder.gov

MEDLINEPLUS: National Library of Medicine Information on bronchitis, pneumonia, sinusitis, asthma, colds and flu, including pictures, diagrams and treatment options in English and Spanish.

www.nlm.nih.gov/medlineplus/lungsandbreathing.html

American Lung Association (ALA)

Connects you with your closest local chapter or a nurse or respiratory therapist who can answer lung health questions.

**1-800-Lung USA
(1-800-586-4872)**

ALA Web site

Enter *asthma, bronchitis, sinusitis, pneumonia, colds* or *flu* in Search or select *Lung Diseases* for specific information on asthma and flu. *The Lung Disease Finder* helps you search "A to Z" for specific lung disease information. Site also includes stop-smoking tips.

www.lungusa.org

American Academy of Allergy, Asthma, and Immunology

Click *Patients and Consumers* and *Media* for tips, pictures, diagrams and the latest research. Use the Search feature for specific topics. Site available in English and Spanish.

www.aaaai.org

National Heart, Lung, and Blood Institute (NHLBI)

Information in English and Spanish on asthma, inhalers, other lung diseases.

www.nhlbi.nih.gov/health/public/lung

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**Arkansas
BlueCross BlueShield**
An Independent Licensee of the Blue Cross and Blue Shield Association
arkansasbluecross.com



Health Advantage
An Independent Licensee of the Blue Cross and Blue Shield Association
healthadvantage-hmo.com



**BlueAdvantage
Administrators of Arkansas**
An Independent Licensee of the Blue Cross and Blue Shield Association
blueadvantagearkansas.com

NHLBI Health Information Center

To order NHLBI publications or ask for special topic information

1-301-592-8573

(not toll free)

e-mail: NHLBinfo@nhlbi.nih.gov**National Institute of Allergies and Infectious Disease (NIAID)**

Information in English and Spanish on asthma, bronchitis pneumonia, sinusitis, flu and colds.

www3.niaid.nih.gov/publications**Allergy and Asthma Network/Mothers of Asthmatics, Inc. (AANMA)**

Pod casts, on line videos, toll-free hotline, monthly newsletter and more.

www.aanma.org**1-800-878-4403****SMOKING CESSATION****Freedom from Smoking**

Sign up for the on-line Freedom from Smoking Program that includes quit smoking preparation and support after you quit.

www.ffsonline.org**1-800-548-8252****Centers for Disease Control and Prevention**

Smoking cessation information and materials on how to quit smoking.

www.cdc.gov/tobacco**National Cancer Institute**

Type *Quit Smoking* in Search for resources and research information.

1-800-4-CANCER**(1-800-422-6237)****www.cancer.gov****United States Surgeon General's Web site**

Effective clinical treatments and the latest information to help you quit smoking.

www.surgeongeneral.gov/tobacco**SMOKING CESSATION SUPPORT****Smokefree.gov**

Information and professional assistance that helps support both your immediate and long-term needs as you become, and remain, a nonsmoker. Get immediate assistance through an online step-by-step guide plus local, state and national telephone quitlines, instant messaging service and publications which may be downloaded, printed or ordered.

www.smokefree.gov**1-800-QUIT-NOW****1-800-784-8669**

The Respiratory Education Program is for health education purposes only. We do not offer medical advice or medical services. Always consult your treating physician(s) for any medical advice or services you need. You, as the member, are responsible for selecting providers, services or products. Please check your member benefits for coverage of services. All information furnished by you is kept strictly confidential and only used to provide us with information necessary for participation in the Respiratory Education Program.