

If You Suffer from Chronic Disease, You Are Not Alone

Whether it's diabetes, heart disease, chronic lung disease or cancer, many members of our community need help managing their health or locating affordable health services. Trying to find the right information can sometimes be overwhelming.

As part of this effort, **Healthy Maine Partnerships** is partnering with 2-1-1, a statewide information clearinghouse that offers free, 24-hour service to the public. An individual with a chronic disease calling 2-1-1 receives help from a trained representative, based in Maine, who can provide access to information and health resources for specific needs in the caller's community. It's a convenient and efficient method to link people who have a chronic disease to the support they need.

Also, earlier this year, the website **KeepMEWell.org** was launched. **KeepMEWell.org** provides two important features: an online health assessment, and links to low cost healthcare resources. **KeepMEWell.org's** health assessment survey is a series of questions that typically takes about ten minutes to complete. Based on your responses to health questions, personalized reports are generated that highlight areas of low risk, encourage you to take steps to improve areas of high risk, and provide links to resources that may help with disease prevention and management. You can also learn how and where to get low cost healthcare services in your local area. By typing in a health concern, such as blood pressure or diabetes, and your zip code, you can receive a list of low cost clinical healthcare services in your area. The service is free, confidential, and available to anyone over the age of 18.

And, keep in mind, other resources are available to you to help you manage your health. If you or someone you know is addicted to tobacco, the **Maine Tobacco HelpLine 1-800-207-1230** is there for personal assistance to quit smoking. It's also free, confidential, and has helped thousands of Mainers break the tobacco addiction. If someone who wants to kick tobacco prefers to work within a local support group, **Freshstart** might be the answer.

If you are looking for an easy way to become more physically active, you can visit **HealthyMaineWalks.org** for a listing of indoor and outdoor walking areas in our community.

Good health can be a click or a call away. Please contact: Nancy Laite, Knox County Community health Coalition, your local Healthy Maine Partnership, nllaite2@myfairpoint.net or visit our website www.penbayymca.net/kcchc/kcchc.html for other resources dedicated to keeping you healthy. We are here to help!