

Did You Know?

Health and wellness resources are only a click away

We created the oxfordhealth Center to make it easy for you to access health and wellness resources any time. **Simply log on to *oxfordhealth.com*, enter your user name and password, and click on "Visit the oxfordhealth Center."**

- Check out the Preventive Resources section of the oxfordhealth Center to sign up for **e-mail exam reminders**, including mammogram, Pap smear, colon cancer and cholesterol screening.
- Our **complementary and alternative medicine** site offers a search tool to help you find chiropractors, acupuncturists, massage therapists and more. As an Oxford Member, you can also take advantage of a free subscription to ConsumerLab.com, a site with independent information and test data on vitamins, herbs and minerals, supplements, natural products and more.
- You can get **personalized immunization calendars** for your kids. Find it in the oxfordhealth Center by clicking on the link to KidsHealth. You can also sign up for a **FREE eNewsletter** for expectant and new parents.
- As an Oxford Member, you have access to powerful tools such as the **Subimo™ Healthcare Advisor** that allows you to research hospitals and explore treatment options. Because Oxford believes in empowering its Members to make informed healthcare decisions, we offer this value-added service to you at no charge.
- Oxford Members can now enjoy easy access to WebMD's most popular resources including; the **WebMD Newscenter**, a 24-hour online guide to health news from around the world, medical information at Health Topics A-Z, and Drug Alerts. You can also read up on the latest product recalls, get health and wellness information on diet and nutrition, and view the latest medical research on how men, women and seniors can live healthy lifestyles.

