



# EMPLOYEE RESOURCE GUIDE

## **CITY OF NOGALES RESOURCES**

- ❖ SUMMIT (800) 690-2020
- ❖ CBIZ (Broker) (520) 321-7503
- ❖ BRAVO (Wellness Program) (877) 662-7286
- ❖ CATAMARAN
  - Diabetic Sense Program (877) 852-3512
- ❖ ARIZONA BLUE CROSS BLUE SHIELD [www.azblue.com](http://www.azblue.com)
- ❖ HINES & ASSOCIATES (800) 944-9401
- ❖ EAP (Employee Assistance Program) (520) 281-0009
  - Alliance, Dr. Frank Bejarano DBH
- ❖ ASHLINE SMOKING CESSATION (800) 556-6222



## **NOGALES COMMUNITY RESOURCES**

- ❖ FITNESS EXPRESS
  - GYM, weights, Zumba, Cross Training, & Yoga (520) 761-4820
- ❖ SILVER SNEAKERS
  - Retirees & Persons with Disabilities <http://www.silversneakers.com/>
- ❖ MARIPOSA COMMUNITY HEALTH CENTER
  - PLATICAMOS SALUD (520) 375-6050
    - Pregnancy
    - Cancer
    - Diabetic/Cholesterol/HBP
    - Tobacco Cessation
    - Asthma – Kids
    - Asthma – Adults
    - Fatherhood Parenting
- ❖ WIC (WOMEN, INFANTS, & CHILDREN) (520) 287-4994
  - Pregnancy & Postpartum
  - FIT – WIC Program (kids 5 and under)

## **ON-LINE RESOURCES**

- ❖ NATIONAL INSTITUTE OF HEALTH
  - US DEPARTMENT OF HEALTH AND HUMAN SERVICES
    - News in Health <http://www.newsinhealth.nih.gov>
    - Alcohol Abuse & Alcoholism <https://www.rethinkingdrinking.nih.gov>
    - Deafness & Other Communication Disorders <https://www.nidcd.nih.gov>
    - Library of Medicine <https://www.nlm.nih.gov>
    - Healthy Eyes <https://www.nei.nih.gov/healthyeyes>
    - Senior Health <https://www.nihseniorhealth.gov/>
    - Children Active & Nutrition <https://nhlbi.nih.gov/health/educational/wecan/>
    - Talking to your Doctor <https://nih.gov/clearcommunication/talktoyourdoctor.htm>
    - Dietary Supplements <https://ods.od.nih.gov/>
    - The Bone Resource <https://www.niams.nih.gov>
    - Neurological Disorders & Stroke <https://stroke.nih.gov/>
    - Heart, Lung, & Blood <http://www.nhlbi.nih.gov/health/educational/hearttruth/>
    - Diabetes, Digestive, & Kidneys <https://www.niddk.nih.gov>
    - Healthy Recipes [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/eat/recipes.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/recipes.htm)
- ❖ AMERICAN HEART ASSOCIATION
  - Heart & Stroke <http://www.heart.org>
- ❖ SMOKEFREE <http://smokefree.gov>
- ❖ NATIONAL INSTITUTE ON DRUG ABUSE
  - Drug Abuse for Teens <http://www.teens.drugabuse.gov/>
- ❖ GROUP HEALTH COOPERATIVE
  - Fitness, Nutrition, Diseases & Preventive Care <http://www.ghc.org/healthandwellness/>
- ❖ UNITED STATES DEPARTMENT OF AGRICULTURE
  - USDA Center for Nutrition <http://www.myplate.gov>