In addition to the information found in the *Roadmap to Better Care and A Healthier You*, you may find these websites to be helpful.

**Marketplace:** [www.healthcare.gov](http://www.healthcare.gov) or call 1-800-318-2596  
**Medicare:** [www.medicare.gov](http://www.medicare.gov) or call 1-800-Medicare

### Step 1, Put Your Health First:
- **Find Out Which Preventive Services You Need**  
  [www.healthfinder.gov](http://www.healthfinder.gov)
- **Be Active Your Way**  
  [www.health.gov/paguidelines/guidelines](http://www.health.gov/paguidelines/guidelines)
- **Physical Activity Basics**  
  [www.cdc.gov/physicalactivity/basics/index.htm](http://www.cdc.gov/physicalactivity/basics/index.htm)
- **Nutrition Basics**  
  [www.cdc.gov/nutrition/everyone/index.html](http://www.cdc.gov/nutrition/everyone/index.html)
- **My Plate**  
  [www.choosemyplate.gov](http://www.choosemyplate.gov)
- **Relaxation:**  
  [www.mentalhealth.gov](http://www.mentalhealth.gov)
- **My Family Health Portrait**  
  [https://familyhistory.hhs.gov](https://familyhistory.hhs.gov)
- **My Medicine Record**  
  [www.fda.gov/Drugs/ResourcesForYou/ucm079489.htm](http://www.fda.gov/Drugs/ResourcesForYou/ucm079489.htm)

### Step 4, Find a Provider:
- **Find a health center near you**  
  [http://findahealthcenter.hrsa.gov](http://findahealthcenter.hrsa.gov)
- **Find a mental health provider**  
  [http://findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

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C2C Resources are available in print and online!  