

Healthcare Resources

Healthcare/Health Insurance

- **E.J. Smith and Associates:** This company specializes in providing college students with affordable health coverage. For information on coverage you can click on [Health Plans](#) and then view specific plans for each state.
- **Assurant Health: Short Term Medical Insurance (for 30-180 days):** This company offers short term insurance for recent college graduates, or those who are looking for a lower-cost alternative to COBRA. Go to securenowinsurance.com.
- **HCMC (Hennepin County Medical Center):** HCMC was named as one of "America's Best Hospitals" for eight years in a row. For general information call (612) 873-3000 or visit hcmc.org.
- **N.I.P. Uptown Community Clinic:** This clinic provides low cost Medical and Dental Services for individuals without insurance or who have insurance but are underinsured. Services include: General Medical Care, Family Planning Services, STD and Pregnancy Testing, Prenatal Care, Dermatology and Dental Exams, Cleaning and Fillings. Call for an appointment at (612) 374-4089 (day and evening hours available) or go to neighborhoodinvolve.org for more information.

Healthy Living

- **Would you like to live a long, healthy life?:** Check out this article on MSN, "[Healthy Aging: The 20's -- Building a Firm Foundation](#)" and see what you can do now to support yourself down the road.
- **Wanna' WORKOUT?:** Take a look at these [Health Clubs](#) (please be patient...takes 10-12 seconds to load) not too far from Dunwoody.
- **Interested in kickin' the habit or know of someone who is?:** Read up on quitting smoking in an article called "[Kicking Butts](#)". Also, make sure to take advantage of the other "smoking resources" provided by MSN by clicking [here](#)!
- **Stress Management:** You can find an abundance of stress management resources at [StressLinks](#).

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the Good Life.