

Health and Wellness Resources

Brought to you by [Sutter Health](#), a not-for-profit network of doctors and hospitals in Northern California.

How Healthy Are You?



[Health Risk Assessment](#) Take our free online health risk assessment. Upon completion, you will receive a Personal Health Report Card. Enter the keyword: mcswellness. All personal information is confidential and protected under the Health Insurance Portability and Accountability Act of 1996 (HIPAA) Privacy Rule. It will not be provided to your employer, insurance carrier, or sold to any third party.

[Body Mass Index \(BMI\) Calculator](#) Are you overweight? Find out now.

[Target Heart Rate Calculator](#) Learn your exercise target heart rate.

[Stress Level Assessment](#) Find out if your life has gotten too stressful.

General Health Resources



[Health Information Library](#) Research health conditions and topics, A - Z.

[Drug Guide](#) Comprehensive information on pharmaceutical and over-the-counter drugs.

[Health and Wellness Classes](#) Search a wide variety of classes near you, including smoking cessation and weight loss programs.

[Making the Most of Your Doctor Visit](#) Tips for talking with your doctor, appointment checklist and more.

[Advance Health Care Directive Form](#) Downloadable PDF version.

[LifeStages TV](#) Sutter Health's award-winning health and wellness TV show featuring Northern California medical experts.

[Health Quizzes and Tools](#) View all health and wellness tools and quizzes.

[Health Videos](#) View videos on a wide variety of health topics.

For Women

[MyLifeStages for Women](#) Sutter Health's website for women featuring articles, tools, online community and more.

[Health Record](#) Securely store health information for you and your family.

[Ask the Expert](#) Send your health questions to our medical experts and peruse our library of answers.

[Physician Blogs](#) Medical experts talk about the health issues affecting women today.

[Health Center](#) The latest in wellness, nutrition, fitness, menopause and healthy living.

[For Parents](#) Resources for children from infant through teen



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