



spotlight on health

Online Programs Help People Take Control Of Their Health

(NAPSA)—From chat rooms to medical libraries, the Internet is helping people take charge of their own health care. Now a Web site is letting people manage their underlying health issues as well—and with proven results.

The site, from global leader HealthMedia, Inc., provides highly interactive and empowering Web-based self-help programs as well as tools that feature personalized exercises meant to help change unhealthy behaviors, improve well-being and speed recovery.

The Web site, MySelfHelp.com, includes programs designed to help with depression, stress, insomnia, eating disorders, grief, low self-esteem, compulsive shopping, guilt, caring for loved ones and HIV/depression.

The site is staffed by highly experienced health care professionals devoted to helping people improve their lives. Individuals who use the site's programs experienced significant positive results, including:

- Lower stress levels
- Better eating habits
- Improvements in symptoms of depression
- More confidence in managing problems
- Improvements in quality of life
- Longer, better-quality sleep
- Better attendance and performance at work.

For more information, visit www.myselfhelp.com.