



Iowa Disability Resources

Affordable Care Act (ACA)

To get coverage under the ACA, go to <https://www.healthcare.gov/> to find out more about the Health Insurance Marketplace and the options available in your state.

Aging Resources

Aging and Disability Resource Centers/ No Wrong Door

<https://www.n4a.org/adrcs>

<https://www.acl.gov/node/413>

Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Center (ADRC) program and CMS' Balancing Incentive Program No Wrong Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living (<http://www.hhs.gov/acl/index.html>) (including AoA (<http://www.aoa.gov/>) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (<http://www.cms.hhs.gov/>). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as a "one-stop shops" or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs.. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous improvement. ADRCs perform these functions by integrating, coordinating, and strengthening different pieces of the existing long term supports and services systems, including Area Agencies on Aging, Centers for Independent Living, state and local Medicaid offices, and other community-based organizations.

Iowa Aging Services

<https://hhs.iowa.gov/programs/programs-and-services/aging-services>

Phone: 800-972-2017

Iowa Area Agencies on Aging

<http://www.i4a.org/>

National Center on Elder Abuse (NCEA)

<https://ncea.acl.gov/>

Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public and provides technical assistance and training to states and to community-based organizations.

Arts And Creativity

VSA Arts of Dubuque

<https://www.facebook.com/VSA-of-Dubuque-115708613524/>

13322 Sherrill Rd.

Dubuque, IA 52002

Assistive Technology

Great Plains ADA Center (covers Iowa)

<http://www.gpadacenter.org/>

ADA Project of Missouri/ Columbia

100 Corporate Lake Drive

Columbia, MO 65203

Phone/TTY: 573-882-3600

Toll free: 800-949-4232

Email: adacenter@missouri.edu

Iowa Able Foundation

<http://www.iowaable.org>

130 S. Sheldon Ave. #201

Ames, IA 50014

Toll-free: 888-222-8943

Phone: 515-292-2972

Helps Iowans with disabilities and aging to achieve and maintain independence through micro lending and financial coaching programs statewide.

St. Luke's Foundation

<https://www.unitypoint.org/cedarrapids/st-lukes-foundation.aspx>

855 A Avenue NE, Suite 105

Cedar Rapids, IA 52402

Phone: 319-369-7716

Email: stlukescr@unitypoint.org

St. Luke's Foundation improves quality of life for men, women and children through effective, innovative treatments and technologies.

Caregivers Information

Caregiver.com

<https://caregiver.com/>

3920 Riverland Road

Fort Lauderdale, FL 33312

Tel: (954) 893-0550, 1-800-829-2734

Email: info@caregiver.com

Well Spouse Association

www.wellspouse.org

Use their "Find a Local Support Group" function by clicking on your state

Community-Based Fitness Programs

The Reeve Foundation has several Community Fitness and Wellness facilities that are part of its NeuroRecovery Network (NRN) program. These facilities are accepting individuals with walking difficulties related to any cause (not just SCI) and are hosting activity-based exercise programs designed specifically for individuals with physical disabilities. There is not one in this state but if you would like to learn more about the program, please go to www.ChristopherReeve.org/NRN.

Community Health Centers

Iowa Primary Care Association

www.iowapca.org

500 SW 7th Street, Suite 300

Des Moines, IA 50309

Phone: 515-244-9610

Email: info@iowapca.org

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

Health Resources and Services Administration (HRSA): Find a Health Center

<http://findahealthcenter.hrsa.gov/>

HRSA Health Centers care for you, even if you have no health insurance – you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.

Crime Victim Assistance

Crime Victim Compensation Program

<https://www.iowaattorneygeneral.gov/for-crime-victims/crime-victim-compensation>

Office of the Attorney General of Iowa

Victim Assistance Section

Lucas State Office Building

321 East 12th Street

Des Moines, IA 50319

Phone: 515-281-5044

Toll-free: 800-373-5044

Email: crimevictiminfo@ag.iowa.gov

Safe Horizon’s Links for General Crime Victim Resources/Issues

<http://www.safehorizon.org/page/resources--publications-7.html>

Domestic Violence Help

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

National Resource Center on Domestic Violence: 800-537-2238

The NRCDV provides a wide range of free, comprehensive, and individualized technical assistance, training, and specialized resource materials and projects designed to enhance current domestic violence intervention and prevention strategies.

Iowa Victim Service Call Center: 800-770-1650 or text “iowahelp” to 20121

<http://www.survivorshelpline.org/>

Iowa Coalition Against Domestic Violence

www.icadv.org

4725 Merle Hay Rd., Suite 107

Urbandale, IA 50322

Phone: 515-244-8028

Easter Seals Offices

Easter Seals Iowa/Easter Seals Camp Sunnyside

<http://www.ia.easterseals.com/>

401 N.E. 66th Avenue
Des Moines, IA 50313
Phone: 515-289-1933

Easter Seals offers services to children and adults with disabilities and special needs. The programs Easter Seals offers include autism, children's, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

Government Offices for Iowa

Iowa.gov: Official Website of the State of Iowa

<http://www.iowa.gov/state/main/index.html>

Iowa Department of Human Services

<http://www.dhs.iowa.gov>

Iowa State Children's Health Insurance Program (SCHIP)

<https://dhs.iowa.gov/hawki>

Healthy and Well Kids in Iowa (HAWKI)
PO Box 71336
Des Moines, IA
Toll-Free: 1-800-257-8563, 888-422-2319
TDD: 515-457-8051

Senior Health Insurance Information Program (SHIIP)

<http://www.shiip.state.ia.us/>

601 Locust St., 4th Floor
Des Moines, IA 50309-3738
Phone: 1-800-351-4664
TTY: 1-800-735-2942
Email: shiip@iid.state.ia.us

Iowa Medicaid Program

<http://dhs.iowa.gov/>

Department of Human Services of Iowa
Hoover State office Building
1305 E. Walnut Street
Des Moines, IA 50319
Phone: 515-256-4606
Toll-free: 800-338-8366
Email: contactdhs@dhs.state.ia.us

Iowa Comprehensive Health Association

<http://www.hipiowa.com/>

P.O. Box 1090
2015 16th Street

Great Bend, KS 67530

Phone: 1-877-793-6880

Premium Billing & Enrollment Fax 620-793-1199

Iowa High Risk Insurance Plan for eligible people who are unable to get insurance coverage.

Iowa Insurance Dept.

<https://iid.iowa.gov/>

1963 Bell Avenue, Suite 100

Des Moines, IA 50315

Phone: 515-654-6600 (Des Moines area)

Phone: 877-955-1212 (Iowa only)

Iowa Division of Workers Compensation

<http://www.iowaworkcomp.gov>

150 Des Moines St.

Des Moines, IA 50319

Phone: 515-725-4120

Toll-free: 800-645-4583

Email: IWD.DWC@iwd.iowa.gov

Iowa Office of Persons with Disabilities

<https://hhs.iowa.gov/initiatives/community-advocacy/disabilities>

Phone: 800-972-2017

Find your **elected officials** to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that's you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.

<http://www.house.gov/representatives/find/>

<http://whoismyrepresentative.com/>

Office of the State Long-Term Care Ombudsman

<https://hhs.iowa.gov/programs/programs-and-services/aging-services/lombudsman>

510 E. 12th Street, Ste. 2

Des Moines, Iowa 50319

Phone: 866-236-1430 (Toll-Free)

The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

Housing

Housing and Urban Development (HUD)

www.hud.gov

HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the “State Info” tab across the top bar, then click on your state, then click on “contact my local office”. If you want info on public housing, click here: https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

211

www.211.org

211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

Independent Living

ILRU: State Independent Living Councils (SILCs)

Iowa Independent Living Council

<http://www.ilru.org/projects/silc-net/silc-directory>

<http://www.iowasilc.org/>

300 East Locust, Suite 330

Des Moines, IA 50309

Phone (Local): 515-282-0275

Toll-free: 877-466-7442

TTY: 515-282-3902

Email: dawn@iowasilc.org

Independent Living Research Utilization’s directory of Independent Living Centers

<http://www.ilru.org>

National Council on Independent Living (NCIL)

<http://www.ncil.org/>

2013 H St. NW, 6th Floor

Washington, DC 20006

Phone: 202-207-0334

Toll-free: 877-525-3400

TTY: 202-207-0340

Email: ncil@ncil.org

The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living

Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

Library Services

Library for the Blind and Print Disabled

<https://blind.iowa.gov/programs-services/library-services>

Iowa Department for the Blind

524 Fourth Street

Des Moines, IA 50309-2364

Phone: 515-281-1323

Phone: 800-362-2587 (in state; option 2)

Email: library@blind.state.ia.us

Neurorecovery Network (NRN)

The NRN is a network of rehab programs designed to provide locomotor (treadmill) training to promote functional recovery and improve the health and quality of life for people living with paralysis. The program is for people with spinal cord injuries. The NRN is a program of the Reeve Foundation. There is no NRN center in this state but if you are interested in finding one outside of this state, please go to www.ChristopherReeve.org/NRN.

Peer Support Programs

Christopher & Dana Reeve Foundation's Peer & Family Support Program (PFSP)

www.ChristopherReeve.org/Peer

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@ChristopherReeve.org

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.

Protection And Advocacy

Client Assistance Program (CAP)

<https://humanrights.iowa.gov/cas/pd/client-assistance-program>

Client Assistance Program Division on Persons with Disabilities

Lucas State Office Building

Des Moines, IA 50310
Phone: 800-652-4298

Disability Rights Iowa

<http://disabilityrightsiowa.org/>
400 East Court Ave., Suite 300
Des Moines, IA 50309
Phone: 1-515-278-2502
TTY: 800-779-2502
Email: info@DRIowa.org

Service Dogs

Can Do Canines

<http://can-do-canines.org/>
9440 Science Center Drive
New Hope, MN 55428
Phone: 763-331-3000

Types of dogs trained: hearing dogs, service dogs for people with physical disabilities, assistance dogs for people with seizure disorders, children with autism, and people with diabetes complicated by hypoglycemia unawareness

Areas served: Iowa, parts of Illinois, Minnesota, North Dakota, South Dakota, Wisconsin

Canine Companions for Independence

<http://www.cci.org>
North Central Regional Center
4989 State Route 37 East
Delaware, OH 43015
Phone: 740-833-3700 (Voice/TTY)
Toll-free: 800-572-BARK (2275)
The North Central Regional Center serves several states, including Iowa.

Sports And Recreation

Disabled Sports USA National Headquarters

<http://www.disabledsportsusa.org>
451 Hungerford Drive
Suite 100
Rockville, MD 20850
Phone: 301-217-0960

Adaptive Sports Iowa

<http://www.adaptivesportsiowa.org/>
1421 South Bell Ave - Suite #104
Ames, IA 50010
Phone: 888-777-8881, ext. 115
Email: mike.boone@adaptivesportsiowa.org

Iowa Sports Foundation

<http://www.iowasportsfoundation.org/About>

1421 S. Bell Ave., Ste. 104

Ames, Iowa 50010

Phone: 888-777-8881

Email: info@iowasportsfoundation.org

The Iowa Sports Foundation (ISF) mission is to provide sports, recreation, health and wellness opportunities for Iowans of all abilities.

United Way Offices

United Way of Central Iowa

<http://www.unitedwaydm.org>

1111 9th St Ste 100

Des Moines, IA 50314-2527

Phone: 1-515-246-6500

Email: contactus@unitedwaydm.org

United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities.

United Way of North Central Iowa

<http://www.unitedwaynci.org/>

P.O. Box 1465

Mason City, IA 50401

Phone: 641-423-1774

Email: info@unitedwaynci.org

Veteran Benefits

Veterans Administration: Facility Locator

<https://www.va.gov/directory/guide/home.asp>

Iowa Department of Veterans Affairs

<https://va.iowa.gov/>

7105 NW 70th Ave.

Camp Dodge, Bldg. 3465

Johnston, IA 50131-1824

Phone: 515-252-4698 or 800-838-4692

Des Moines Veterans Regional Affairs Office

<http://www.benefits.va.gov/desmoines/directions.asp>

210 Walnut Street

Des Moines, IA 50309

Phone: 1-800-827-1000

Iowa Chapter PVA Offices

<http://www.pva.org/find-a-national-service-office-or-chapter>

7025 Hickman Rd. Suite 1

Urbandale, IA 50322

Phone: 515-277-4782

Toll-free: 888-909-4782

Email: iowapvakim@yahoo.com

ALS

Iowa Chapter of ALS Association

<http://www.alsaiowa.org>

3636 Westown Pky, Suite 204

West Des Moines, IA 50266

Phone: 515-369-2572

Email: info@alsaiowa.org

Leading the fight to treat and cure ALS through global research and nationwide advocacy while also empowering people with Lou Gehrig's Disease and their families to live fuller lives by providing them with compassionate care and support.

Brain Injury

Brain Injury Alliance of Iowa

<http://biaia.org/>

1556 S. First Ave, Suite A

Iowa City, IA 52240

Phone: 515-274-9757

Email: info@biaia.org

On With Life

<https://www.onwithlife.org/>

715 SW Ankeny Rd.

Ankeny, IA 50023

Phone: 515-289-9600

Toll-free: 800-728-0645

On With Life is a not-for-profit organization and focuses on brain injury rehabilitation. Since opening in 1991, they have served more than 2,500 Iowans and their families. On With Life offers a continuum of services for people who have sustained a traumatic brain injury, stroke, tumor, aneurysm or other brain injury. On With Life, Inc. includes their Post-Acute Inpatient Rehabilitation, Outpatient Neuro Rehabilitation, Supported Community Living and Neuropsychology Programs. On With Life, Ltd. includes their Long-Term Skilled Care for Youth and Younger Adults Program. On With Life Supportive Housing Corp. includes their Independent Living Program - The Apartments of OWL Creek.

Cerebral Palsy

United Cerebral Palsy

<http://www.ucp.org>

8401 Old Courthouse Rd.
Vienna, VA 22182
Phone: 800-872-5827
Phone (Information & Referral): (866) 827-1692
Email: info@ucp.org
Please contact them for state info.

Guillain-Barré Syndrome / Cidp

Guillain-Barré Syndrome / CIDP Foundation International

www.gbs-cidp.org
375 East Elm St.
Conshohocken, PA 19425
Phone: 610-667-0131
Toll-free: 866-224-3301
Please contact them for information in your area

Multiple Sclerosis

Upper Midwest Chapter of the National Multiple Sclerosis Society

www.nationalmssociety.org
<http://www.nationalmssociety.org/Chapters>
2829 University Ave. SE, Suite 900
Minneapolis, MN 55415
Phone: 612-335-7900
Email: info@mssociety.org

Multiple Sclerosis Association of America

www.mymsaa.org
Midwest Regional Office
1507 E. 53rd Street, Suite 284
Chicago, IL 60659-1199
Phone: 800-532-7667 extension 150
Email: Midwest@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association

<http://www.mda.org>
National Office
1016 W Jackson Blvd #1073
Chicago, IL 60607
Phone: 800-572-1717
Email: ResourceCenter@mdausa.org
Enter a state or region in the “MDA Care Center Network” section to find clinics that treat MD in your area.

Post-Polio Syndrome

Post-Polio Health International (formerly GINI)

<http://www.post-polio.org/>

50 Crestwood Executive Center #440

Saint Louis, MO 63126-1916

Phone: 314-534-0475

E-mail: info@post-polio.org

PHI offers information for polio survivors and promotes networking among the post-polio community. The organization publishes the quarterly *Polio Network News* and *The Handbook on the Late Effects of Poliomyelitis for Physicians and Survivors*.

Post-Polio Health International support group listing:

<https://post-polio.org/networking/directory/>

TriState Post-Polio Support Group

Dubuque, IA 52002

Phone: 1-562-588-1692

Email: rjpub@mchsi.com

Spina Bifida

Spina Bifida Association of America

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd, Suite 800

Arlington, VA 22209

Phone: 800-621-3141, 202-944-3285

Email: sbaa@sbaa.org

Please contact them for info in your area

Spina Bifida Association of Iowa

<https://sbaia.org/>

8525 Douglas Ave. Suite 39

Urbandale, IA 50322

Phone: 515-635-1463

Email: admin@sbaia.org

Spinal Cord Injury

Eastern Nebraska/Western Iowa Spinal Cord Injury Association

<http://enwiscia.tripod.com/index.htm>

Stroke

American Stroke Association

<https://www.stroke.org/>

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 1-888-478-7653
Call them for the stroke support group in your area

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

www.asap.org

P.O. Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079

Toll-free: 800-ASAP-282

Email: info@ASAP.org

For online support group, see <http://p198.ezboard.com/basap5881>

Transverse Myelitis

Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)

www.wearesrna.org

1787 Sutter Parkway

Powell, OH 43065-8806

Phone: 855-380-3330

Please contact them for info in your area.

General Disability Resources

Yellow Pages for Kids with Disabilities: Iowa

<http://www.yellowpagesforkids.com/help/ia.htm>

Iowans with Disabilities in Action

<http://www.idaction.org/>

Phone: 866-432-2846

Iowa chapter of the American Physical Therapy Association

<http://www.iowaapta.org/>

400 East Court Ave., Suite 126

Des Moines, IA 50309

Phone: 515-222-9838

Email: mail@iowaapta.org

Iowa Occupational Therapy Association

<http://www.iowaot.org/>

PO Box 57221

Des Moines, IA 50317

Phone: 515-720-7346

Email: skplough@gmail.com

Iowa Association for Persons in Supported Employment (APSE)

www.apse.org

<http://www.iowa-apse.org/>

Charles Nickolaus
Missouri Development Disabilities Council
PO Box 687
Jefferson City, MO 65101
Phone: 573-751-8632
Email: cnickolaus@moddcouncil.org

Healthboards.com – message boards on health-related topics. Topics include SCI, CP, Stroke, and more.

<http://www.healthboards.com/boards/index.php>

Iowa Compass: Information and referral for people with disabilities.

<http://search.iowacompass.org/>

Center for Disabilities & Development
100 Hawkins Dr. #S295
Iowa City, IA 52242-1011
Phone: 800-779-2001
TTY: 877-686-0032

Wheelchair Ramp Accessibility Program (WRAP)

<https://wrapiowa.org/>

PO Box 276
Ely, IA 52227
Phone: 319-270-7294
Email: intake@wrapiowa.org

The Wheelchair Ramp Accessibility Program (WRAP) provides timely home access to people in need. They are a coalition of volunteers and service organizations who work together to build custom wheelchair ramps and stairs, giving people with limited mobility the freedom to enter and leave their homes safely.

Iowa 211

<http://www.211.org/>

Phone: 2-1-1

Provides callers with information about and referrals to human services for every day needs and in times of crisis. Can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

Farm Rescue

www.farmrescue.org

P.O. Box 28
Horace, ND 58047
Email: info@farmrescue.org

Phone: 701-252-2017

Farm Rescue is a nonprofit organization that provides planting and harvesting assistance free of charge to farm families who have experienced a major illness, injury or natural disaster. It helps farm families in North Dakota, South Dakota, Montana, Minnesota, and Iowa. Please see their website for application info.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

1801 N. Mill St., Suite F

Naperville IL 60563

Phone: 630-961-1400, 800-THINK56

Email: thinkfirst@thinkfirst.org

ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls. To find chapter information in your area, please go to their website and click on the “Chapter Site” tab.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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