Nevada Disability Resources

Affordable Care Act (ACA)

http://www.hhs.gov/healthcare/facts/bystate/nv.html

HHS.gov: 5 Years Later: How the Affordable Care Act is Working for Nevada

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

https://www.n4a.org/adrcs
https://www.acl.gov/node/413
http://www.eldercare.gov/Public/About/Aging_Network/ADRC.aspx

Aging and Disability Resource Centers/ No Wrong Door
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 (including AoA as of April 2012) and the Centers for Medicare & Medicaid Services (CMS). 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.

http://adsd.nv.gov/
Nevada Department of Aging
3416 Goni Road, Suite D-132
Carson City, NV 89706
Phone: 775-687-4210
Email: adsd@adsd.nv.gov

https://www.agingcare.com/local/Nevada-Division-for-Aging-Services-Las-Vegas-Area-Agency-on-Aging-NV
Nevada Association of Area Agencies on Aging
1860 E. Sahara Ave.
Las Vegas, NV 89104
Phone: 775-687-4210

https://ncea.acl.gov/
National Center on Elder Abuse (NCEA)
Toll-free: 800-677-1116
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

http://www.vsanevada.org/
VSA arts of Nevada
250 Court St.
Reno, NV 89501
Phone/TTY: 775-826-6100
Email: info@vsanevada.org

http://note-ables.org/
Note-Able Music Therapy Services
925 Riverside Dr., Suite 1
Reno, NV 89503
Phone: 775-324-5521
ASSISTIVE TECHNOLOGY

http://www.adapacific.org/
Pacific ADA Center DBTAC (Regional Office)
555 12th Street
Suite 1030
Oakland, CA 94607-4046
Phone: 510-285-5600
Toll-free: 800-949-4232

CAREGIVERS INFORMATION

http://resources.caregiver.com/listing/location/united-states/nevada
Nevada Support groups
Email: info@caregiver.com
Click on your county to find a support group near you.

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

http://nvpca.org/
Nevada Primary Care Association
755 N. Roop Street, Suite 211
Carson City, NV 89701
Phone: 775-887-0417
Email: info@nvpca.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.

http://findahealthcenter.hrsa.gov/
Health Resources and Services Administration (HRSA): Find a Health Center
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

www.voc.nv.gov/
Nevada Crime Victim Assistance and Compensation
Victims of Crime Program (VOCP)
PO Box 94525
Las Vegas, NV 89193-1525
Phone: 702-486-2740 (for South Nevada office) or 775-687-8428 (for North Nevada office)
Email: applications@voc-net.com

http://www.victimsofcrime.org/
National Center for Victims of Crime
2000 M Street NW, Suite 480
Washington, DC 20036
Phone: 202-467-8700

http://www.safehorizon.org
Safe Horizon’s Links for General Crime Victim Resources/Issues

DOMESTIC VIOLENCE HELP

National Domestic Violence Hotline: 1-800-799-SAFE (7233), TTY: 800-787-3224
National Resource Center on Domestic Violence: 1-800-537-2238

http://www.nnadv.org/
Nevada Network Against Domestic Violence
250 South Rock Blvd., Suite 116
Reno, NV 89502
Phone: 775-828-1115
Toll-free: 800-500-1556
For a program near you click on the county that you live in.

EASTER SEALS OFFICES

http://www.easterseals.com
Easter Seals
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.

http://www.easterseals.com/nevada/
Easter Seals Nevada
6200 W. Oakey Blvd.
Las Vegas, NV 89146
Phone: 702-870-7050

Easter Seals Reno
5250 Neil Road, Suite 106
Reno, NV 89502
Phone: 702-870-7050

GOVERNMENT OFFICES

www.nv.gov
Nevada State Website

http://adsd.nv.gov/
Nevada Office of Aging and Disability Services
3416 Goni Rd., D-132
Carson City, NV 89706
Phone: 775-687-4210
TTY: 800-326-6868

2nd office:
2800 E. St. Louis Ave.
Las Vegas, NV 89104

http://detr.state.nv.us/
Nevada Vocational Rehabilitation
500 East Third Street
Nevada SCHIP Program (State Children’s Health Insurance Program)
1100 E. Williams Street, Suite 101
Carson City, NV 89701-3103
Phone: 775-684-3676 (Local)
Toll-free: 800-992-0900 (out of state)
Toll-free: 877-543-7669 (in state only)

Nevada SHIIP Program (Senior Health Insurance Information Program)
Department of Health and Human Services
State of Nevada Aging and Disability Services Division (ADSD)
3416 Goni Road, Suite D-132
Carson City, NV 89706
Phone: 702-486-3478 (Local)
Toll-free: 800-307-4444
Provides free information to Medicare beneficiaries

Nevada Insurance Commissioner
Carson City Office
1818 E. College Parkway, Suite 103
Carson City NV 89706
Phone: 775-687-0700
Toll-free: 888-872-3234
Email: pcinsinfo@doi.nv.gov

Las Vegas office
2501 East Sahara Ave., Suite 302
Las Vegas, NV 89703
Phone: 702-486-4009

Nevada Workers’ Compensation Division
400 West King St., Suite 400
Carson City, NV 89074
Phone: 755-684-7270

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://adsd.nv.gov/Programs/Seniors/LTCOmbudsman/LTCOmbudsProg/

**State LTC Ombudsman**

Teresa Stricker  
Nevada Division for Aging Services  
1860 E. Sahara Avenue  
Las Vegas, NV 89104  
Phone: 702-486-6930, 888-729-0571

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**

www.fanniemae.com  
Fannie Mae

http://www.hud.gov/local/index.cfm?state=nv  
**Nevada Housing and Urban Development (HUD) Office**

*Las Vegas field office*  
302 East Carson St., 4th Floor  
Las Vegas, NV 89101-5833  
Phone: 702-366-2100

*Reno Field Office*  
745 West Moana Lane, Suite 360  
Reno, NV 89509  
Phone: 775-824-3700

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.

www.211.org
http://www.211.org/services/housing-and-utilities

211
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

http://www.ilru.org/projects/sile-net/silc-directory
http://adsd.nv.gov/Boards/SILC/SILC/
ILRU: State Independent Living Councils (SILCs)
Nevada Independent Living Council
3416 Goni Rd., Suite D-132
Carson City, NV 89706
Phone: 775-687-4210
Email: adsd@adsd.nv.gov

http://www.ilru.org
Independent Living Research Utilization’s directory of Independent Living Centers

http://www.ncil.org/
National Council on Independent Living (NCIL)
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

http://nsla.nv.gov/Library/Talking_Books/Nevada_Talking_Book_Services/

Nevada Talking Books Services
Nevada State Library and Archives
100 North Stewart Street
Carson City, NV 89701-4285
Phone: 775-684-3354
Phone: 800-922-9334
TDD: 755-684-3313
Email: nv.talkingbooks@admin.nv.gov

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

www.ChristopherReeve.org/Peer

Christopher & Dana Reeve Foundation’s Peer & Family Support Program (PFSP)
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.
United Spinal Association’s Spinal Network support group program
Phone: 800-962-9629
Email: peers@spinalcord.org
The Spinal Network is dedicated to establishing and managing a nationwide network of support groups. Grants to peer support programs of $500 each can be applied for here: http://www.spinalcord.org/spinal-network/grant-details/spinal-network-grant-application/

PROTECTION and ADVOCACY

http://www.ndalc.org/
Nevada Disability Advocacy & Law Center, Inc.

Southern Office
2820 West Charleston Boulevard #11
Las Vegas, NV 89102
Phone: 702-257-8150
TDD: 888-349-3843
Email: lasvegas@ndalc.org

Northern Office
1875 Plumas St. #1
Reno, NV 89509
Phone: 775-333-7878
Toll-free: 800-992-5715
Email: reno@ndalc.org

Elko Office
905 Railroad St., Suite 104B
Elko, NV 89801
Phone: 775-777-1590
Email: elko@ndalc.org

SERVICE DOGS

http://wolfpacks.com/products/servicedog/trainers.html#c
Wolf Pack Inc.’s Directory of Service Dogs
1940 Soda Mountain Rd.
Ashland, OR 97520
Phone: 541-482-7669
Email: traildog@wolfpacks.com

http://www.goldstarservicedogs.com
**Gold Star Service Dog Center**
1970 N. Leslie St, #492
Pahrump, NV 89060
Phone: 702-610-9504
Email: goldstarservicedogcenter@gmail.com

**SPORTS and RECREATION**

http://www.nvoutdoorsmen.com/
Nevada Outdoorsmen in Wheelchairs (NOW)
PO Box 908
Elko, NV 89803
Phone: 775-397-3340

http://www.lasvegasnevada.gov/portal/faces/wcnav_externalId/pr-adaptive-recreation;jsessionid=MhudoXp4uB4MuC86wuuhphG69gTvUrmQDTJ-okAViinxEr4m12xlcl-1385667962!-422630087?_adf.ctrl-state=s67x5ppt_4&_afrLoop=455149305426218&_afrWindowMode=0&_afrWindowId =null#%40%3F_afrWindowId%3Dnull%26_afrLoop%3D455149305426218%26_afrWindowMode%3D0%26_afrWindowId%3Dnull%26_afrLoop%3D455149305426218%26_afrWindowMode%3D0%26_afrWindowId%3Dnull%26_afrLoop%3D455149305426218%26_afrWindowMode%3D0
City of Las Vegas: Adaptive Recreation

City of Reno: Adaptive Recreation

**UNITED WAY OFFICES**

http://national.unitedway.org/
United Way National Headquarters
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112
Please enter postal code for a United Way office in your area
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.

http://www.uwsn.org/
United Way of Southern Nevada
5830 West Flamingo Road
Las Vegas, NV 89119-5254
Phone: 702-892-2300
Email: info@uwns.org

www.uwnns.org
United Way of Northern Nevada and the Sierra
639 Isbell Rd., Suite 460
Reno, NV 89509
Phone: 755-322-8668

VETERAN BENEFITS

http://www1.va.gov/directory/guide/fac_list_by_state.cfm?State=NV&dnum=ALL&map=1&flash=0
Nevada Department of Veterans Affairs VA Hospital Locator

http://www.nevadapva.org
Nevada Chapter of Paralyzed Veterans of America Office
704 South Jones Blvd.
Las Vegas, NV 89107
702-646-0040
Email: nvpva@aol.com

www.pva.org
Paralyzed Veterans of America, click on Chapters under “What We Do”

PVA National Service Offices
Nevada National Service Office
VA East Clinic:
6900 N. Pecos Road, Room 1C334
North Las Vegas, NV 89086
Phone: 702-791-9000 Ext: 14458
Toll-free: 866-638-3837

Reno National Service Office:
5460 Reno Corporate Dr., Suite 1105
Reno, NV 89511
Phone: 775-321-4789

ALS

www.alsa.org
The ALS Association National Office
1275 K Street NW, Suite 1050
Washington, DC 20005
Phone: 202-407-8580
Please contact them for state info.

BRAIN INJURY

http://www.biausa.org
Brain Injury Association of America
1608 Spring Hill Rd., Suite 110
Vienna, VA 22182
Phone: 703-761-0750
Information Center: 800-444-6443
Email: braininjuryinfo@biausa.org
Please contact them for state info.

CEREBRAL PALSY

http://www.ucp.org/
United Cerebral Palsy of Northern Nevada
6100 Neil Rd., Suite 201
Reno, NV 89511
Phone: 775-332-6555
Email: melsbrock@ucpnv.org

FRIEDREICH’S ATAXIA

http://www.ataxia.org/
National Ataxia Foundation (NAF) National Office
600 Hwy 169 S, Ste 1725
Minneapolis, MN 55426
Phone: 763-553-0020
Please contact them for local information

GUILLAIN-BARRÉ SYNDROME / CIDP

http://gbs-cidp.org/
Guillain-Barré Syndrome / CIDP Foundation International
The Holly Bldg., 104 ½ Forrest Ave.
Narberth, PA 19072
Phone: 866-224-3301
Please contact them for information in your area

MULTIPLE SCLEROSIS

www.nationalmssociety.org/online-community/index.aspx
National Multiple Sclerosis Society
800-FIGHT-MS/ 800-344-4867

http://www.nationalmssociety.org/chapters/cal/index.aspx
Southern California & Nevada chapter of NMSS
5150 W. Goldleaf Circle, Suite 400
Los Angeles, CA 90056
Phone: 310-479-4456
Toll-free: 800-344-4867
Email: calMS@nmss.org

http://www.mymsaa.org/about-msaa/regional/
Multiple Sclerosis Association of America
Western Regional Office (covers NV)
1700 7th Avenue, #116201
Seattle, WA 98101
Phone: 415-260-6420
Phone: 800-532-7667 (Ext. 155)
Email: western@mymsaa.org

MUSCULAR DYSTROPHY

http://www.mdausa.org/
Muscular Dystrophy Association

9580 W Sahara Avenue
Suite 120 Las Vegas, NV 89117
Phone: 702-822-6920
Email: lasvegas@mdausa.org
If you or someone you love is affected by muscular dystrophy, ALS or related muscle-debilitating diseases, please know you’re not alone. MDA stands alongside our families in our communities to assist and empower the kids and adults we serve. We care for kids and adults from day one so they get the very best treatment. And, we empower families
with services and support in hometowns across America to help them thrive and stay independent, including summer camps for kids, support groups, equipment assistance and more

**POST-POLIO SYNDROME**

[http://www.post-polio.org](http://www.post-polio.org)

*Post-Polio Health International (PHI)*
4207 Lindell Blvd., #110
St. Louis, MO 63108-2930
Phone: 314-534-0475
Email: [info@post-polio.org](mailto:info@post-polio.org)
[http://www.post-polio.org/net/pdirhm.html](http://www.post-polio.org/net/pdirhm.html)
Directory lists Support Groups by state (click on title of directory for it to open up)

**SPINA BIFIDA**

[http://www.spinabifidaassociation.org](http://www.spinabifidaassociation.org)

*Spina Bifida Association of America*
1600 Wilson Blvd.
Arlington, VA 22216
Phone: 202-944-3285
Toll-free: 800-621-3141
Email: [sbaa@sbaa.org](mailto:sbaa@sbaa.org)
Please contact them for info in your area

**SPINAL CORD INJURY**

*Nevada chapter of NSCIA*
3585 S. Durango, Suite 103
Las Vegas, Nevada, 89147
Phone: (702) 285-0402
Email: [spinal702@gmail.com](mailto:spinal702@gmail.com)


*Project Walk—Las Vegas*
365 Pilot Rd., Suite B
Las Vegas, NV 89119
Project Walk® Spinal Cord Injury Recovery Center provides an improved quality of life for people with a spinal cord injury through intense activity-based recovery programs, education, training, research and development.
STROKE

http://www.strokeassociation.org
American Stroke Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-888-478-7653
Please call them for the stroke support group in your area

http://www.strokeassociation.org
Click on “Local Info.”
American Stroke Association: Offices in Nevada

Las Vegas Division
4445 S. Jones Blvd., Suite B1
Las Vegas, NV 89103
Phone: 702-789-4370

Northern Nevada Division
155 County Estates Circle, Suite 200
Reno, NV 89511
Phone: 775-322-7065

SYRINGOMYELIA/CHIARI MALFORMATION

http://www.asap.org
American Syringomyelia & Chiari Alliance Project (ASAP)
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079
800-ASAP-282
Email: info@ASAP.org

www.asap.org/forum/
American Syringomyelia & Chiari Alliance Project Online Support Group

TRANSVERSE MYELITIS

http://www.myelitis.org/
Transverse Myelitis Association State Support groups
1787 Sutter Parkway
Powell, OH 43065-8806
Phone: 855-380-3330
Please contact them for info in your area.

http://transmyelitis.meetup.com/
**TM MeetUp**
Enter your postal code for a MeetUp in your area.
Meetings are usually held in local restaurants.

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**GENERAL DISABILITY RESOURCES**

http://www.yellowpagesforkids.com/help/nv.htm
**Yellow Pages for Kids with Disabilities: Nevada**

http://www.nevadaota.com/
**Nevada chapter of the American Occupational Therapy Association**

**Nevada Chapter of the American Physical Therapy Association**
7121 W. Craig Rd., Suite 113-121
Las Vegas, NV 89129
Phone: 406-543-1823
Email: info@nvapta.org

http://www.apse.org
**Association of People Supporting EmploymentFirst (APSE)**
Phone: 301-279-0060
Please call them for local information

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

[www.211.org](http://www.211.org)
**First Call 2-1-1**
Phone: 211
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.

http://www.bteamrage.org/
**Rebuilding All Goals Efficiently (RAGE)**
RAGE is an Aging and Disability Resource Center (ADRC) located in Las Vegas, serving Southern Nevada. RAGE is committed to mentoring and assisting the senior and/or disabled consumer to achieve a higher quality of life by empowering them to judge, direct, and manage the services they need. They counsel the consumer about being self-reliant and facilitate their efforts to achieve self-sufficiency and independence in the home and community. They offer employment transition training and services, peer mentoring, assistive technology and home or vehicle modifications.

www.thinkfirst.org
ThinkFirst National Injury Prevention Foundation
1801 N. Mill Street, 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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