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File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites

Address http://www.hooah4health.com Go



60 SECOND REVIEW



HOOAH4Health offers credible source for information

By Sgt. Jimmy Norris

Running the word “health” through your computer’s search engine can turn up a number of interesting results – everything from attempts to sell the casual Web surfer an air filter to conspiracy theories about the medical establishment’s nefarious plans to bury the cure for cancer.

Look hard enough and you might be fortunate enough to find a credible Web site with useful information about health-related issues. If you can stay awake through pages upon pages of stuffy medical jargon, the information might even be helpful.

For those in search of credible health information combined with a truly entertaining and interactive Web experience, there’s really only one place to go.

Hooah4Health, the U.S. Army’s health promotion and wellness Web site, contains numerous articles, quizzes, questionnaires and games aimed at informing Soldiers and their families about health and well-being issues. It can also help them make educated decisions.

Located at <http://www.hooah4health.com/>, Hooah4Health has information and links available which are useful to anyone in the military.

Individual Soldiers can benefit from features on readiness, combat stress and immunizations they need for deployments.

Family members can benefit from the Hooah 4 Families page that features information designed for children, teenagers and parents.

Unit training NCOs may download suggested training plans for the months leading up to the Army Physical Fitness Test or find information pertaining to the Army’s suicide prevention program.

Upon entering the site users are greeted by an audible “Hooah” which can be replayed any time the cursor passes over the word “Hooah” on the main page. From there users have several options from reading articles on physical, mental or spiritual health to reading the latest deployment news.

Hooah4Health also features “Hooah Challenge,” an online course Soldiers can register for through the Army Correspondence Course Program to earn correspondence course credits. The course is designed to educate Soldiers on health-related issues pertaining to the body, mind and spirit.

The site’s interactive features include memory games, mental health questionnaires, a body mass index calculator and more.

Also worth a look are the Hooah 4 Health Media Center and the Stop Tobacco Shop.

The Hooah 4 Health Media Center features video, photos, downloads and other interactive items that highlight the subjects of health and well being. Included on this page is information about financial readiness, healthy eating habits and sexually transmitted diseases.

The Stop Tobacco Shop provides information about the affects of all tobacco use on your health. When opened, each door of the shop exposes a different fact about the effects of tobacco use, nicotine addiction and ways to quit.

Each page has a drop-down menu featuring everything that particular part of the site has to offer that makes navigating relatively painless.

Once you get past the cartoonish graphics you’ll find that Hooah4Health is an informative, interactive, useful and entertaining site that is easy to use and one that you’re sure to bookmark along with your other favorites.

How we rate it

Ease of use:
★★★★

Value to user:
★★★★★

Design quality:
★★★★

Overall rating:
★★★★★
(Scale of 1-5 stars)