

Birmingham News (AL)

DISCOVERIES

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First aid kits for kids

Medibuddy first aid kits provide everything for a child's minor injuries in a compact carrying case in bright primary colors. The kits contain 40 items, including knee and elbow bandages, crayon-shaped bandages, sting relief pads, antibiotic ointment and burn cream. The kits are \$4.95 each and are sold at Babies R Us, other retailers and at www.me4kidz.com.

PRESCRIPTIONS

Alabama Rx card discounts

A private company is offering free discount cards for prescription medications. The Alabama Rx card is available to all, both uninsured and insured people who need help with the costs. Download copies of the card from www.alabamarxcard.com or pick one up at Bruno's, Foodmax or FoodWorld stores. It can be used at more than 50,000 pharmacies nationwide and provides savings up to 75 percent. United Networks of America, a provider of managed care services, is the card's sponsor, but using it doesn't require an obligation.

OBESITY

Weight-loss effort returns

Scale Back Alabama, a weight-loss initiative sponsored by the Alabama Department of Public Health and the state's hospitals, will be back in 2008 for a second year. The awareness effort will be lengthened from an eight-week program to 10 weeks. In its inaugural year, 20,000 Alabamians participated and lost a combined 78,472 pounds. Teams of four must go to an official weigh-in site the week of Jan. 7-11 to register. Weigh-in sites will be posted at www.scalebackalabama.com in December. The grand-prize winners will get \$1,000 each, but 20 achievement prizes of \$250 each have been added.

ENVIRONMENT

Stop those catalogs

Worried about global warming? Overwhelmed by holiday catalogs? Go to the Catalog Choice Web site at www.catalogchoice.org and spend five minutes choosing which catalogs you no longer want to receive. The group, funded by The Overbrook Foundation, estimates that 19 billion catalogs are mailed to Americans each year, which consumes 53 million trees. Many of those are never opened, yet they contribute to air and water pollution, energy consumption and deforestation.

From staff reports

WEB SITE OF THE WEEK

www.pwc.com/healthreform - Turn to "Beyond the Sound Bite: November 2007 Review of Presidential Candidates' Proposals for Health Reform" by PricewaterhouseCoopers' Health Research Institute for a nonpartisan analysis of plans by Republicans and Democrats.

COMING UP

Medicare Counseling.

The Jefferson County Area Agency on Aging and State Health Insurance Assistance Program will provide free informational sessions to the public about 2008 Medicare changes and assist seniors with prescription drug coverage questions: Today at 2 p.m., Villa Maria, 500 82nd St. South; Wednesday at 10:30 a.m. at Birmingham Towers, 2712 31st Ave. North; and Friday at 10 a.m., St. Joseph's Senior Center, 1100 31st St. in Ensley. Call 325-4796 for more information.