Health Online: Finding information you can trust



Searching for health information

Tips for doing a search:

- List multiple symptoms
- · Use full disease name
- · Be gender specific
- · Be age specific

Search tools for privacy:

- · www.duckduckgo.com
- · Google Chrome Incognito Browser



Reading a webpage

Scanning makes for a quick and easier way to find what you are looking for.

Scanning tips:

- · Start with bigger, bolder words
- Read left to right
- · Use left tool bar and top menu bar to find topics
- · Read content before clicking on hyperlinks

When scanning search results:

- · Scan more than just the top two results
- If you don't find what you want, start over with new words in search box



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Looking for credibility

Tips for doing a search:

Proof that information is reliable and from a trusted source.

- · Look at "About Us" section
- Look for unbiased research
- Check bottom of webpage for dates, sponsors, crediting, and other details

Be careful of:

- Brand names or products being credited
 - may be trying to sell you something
- · Content reviewed by "medical experts"
 - anyone can claim they are medical experts
- Information based on someone's opinion



Other online resources

Health portals through healthcare provider. Here you can find:

- After visit summaries
- Medications
- · Communication with providers
- Prescription requests
- · Health news

Apps: provides online health resources for mobile devices

Examples: Mayo Clinic Health insurance provider

For more workshop informatior	and resources,	, visit the program	website at:
wihealthliterac	y.wixsite.com/	/healthonline	